

Endometriosis

GP checklist

A simple guide to help you prepare and advocate clearly.

Tick the symptoms below that apply to you

PAIN

- Severe on-going period pain
- Pelvic pain outside of periods
- Pain that stops work, social life or exercise
- Pain that stops you from sleeping
- Pain not controlled by standard pain relief

BLEEDING

- Heavy or clotty periods
- Bleeding between periods

Important to Know

- Endometriosis does not always show on ultrasound.
- Normal blood tests do not rule it out.
- Diagnosis often requires specialist referral.
- In the UK, diagnosis is still delayed by an average of 8–9 years.
- You are allowed to ask questions.
- You are allowed to request clarity.
- You are allowed to seek a second opinion.

OTHER SYMPTOMS

- Pain during sex
- Painful bowel movements or urination (especially around your period)
- Persistent bloating
- Ongoing fatigue
- Difficulty conceiving

WHAT YOU CAN SAY IN YOUR APPOINTMENT

You may find it helpful to say:

- “My symptoms are affecting my quality of life.”
- “This pain is not manageable.”
- “I would like to explore the possibility of endometriosis.”
- “If my ultrasound is normal, what are the next steps?”
- “When would referral to a gynaecologist be appropriate?”

Clear, specific language matters.