Dr Kelly Hankins

Endometriosis Symptom Checklist

Download or print the Checklist, fill it out at your own pace & take it to your next medical appointment.

Name:

Have you noticed changes to your periods?

- [ ] Severe or painful periods
- [ ] Heavy bleeding or passing clots
- [ ] Irregular periods
- [ ] Pelvic pain before or after your period
- [ ] Pain around ovulation

Are you experiencing any of these symptoms?

- [ ] Pelvic or lower abdominal pain outside your period
- [ ] Lower back or leg pain
- [ ] Pain during or after sex
- [ ] Pain when opening your bowels
- [ ] Pain when passing urine
- [ ] Needing to pass urine more frequently
- [ ] Constipation or diarrhoea
- [ ] Bloating, especially around your period
- [ ] Fatigue or low energy
- [ ] Nausea
- [ ] Vaginal pain or discomfort
- [ ] Pain that has become worse over time
- [ ] Difficulty falling pregnant

How are these changes affecting you?

- [ ] Missing work, school or study
- [ ] Affecting my sleep
- [ ] Making exercise or physical activity difficult
- [ ] Affecting my relationships
- [ ] Affecting intimacy or sex
- [ ] Affecting my mood or emotional wellbeing
- [ ] Making everyday activities more difficult
- [ ] Needing regular pain relief or heat packs
- [ ] I'm not sure if my symptoms are related to endometriosis

How long have you experienced these symptoms?

- [ ] Less than 6 months
- [ ] 6 to 12 months
- [ ] More than 12 months
- [ ] Unsure

Do you have a family history of endometriosis?

- [ ] Yes
- [ ] No
- [ ] Unsure

Do you have a family history of endometriosis?

This checklist is for general information and is not a diagnostic tool.
Seek urgent medical care for sudden, severe pelvic pain, especially with fainting, fever or vomiting.

Refer via: Medical Objects: Intuition Private Obstetrics and Gynaecology | Email: reception@intuitionprivate.com.au
Fax: 02 4326 0639 | Argus: intuitionprivate@argus.net.au | HealthLink: ipog22ps