

Could I have endometriosis?

Endometriosis symptom checklist



Endometriosis affects people differently, but pain is a common symptom. Tick the boxes to show which symptoms are affecting you and how much. Take the checklist with you when you visit your doctor to help guide a conversation about your experience.

Symptom	Not at all	A little bit	Quite a bit	Extremely
Painful periods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain during or after sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Abdominal, lower back or pelvic pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain during ovulation (mid-cycle)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain when doing a wee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain when doing a poo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pelvic pain that gets worse over time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain that impacts your regular activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Needing to wee frequently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constipation or diarrhoea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bloating around the time of your period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tiredness around the time of your period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vaginal discomfort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety or depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What is endometriosis?

Endometriosis is a condition where cells similar to those that line the uterus grow in other areas of your body, especially around your ovaries and uterus. Endometriosis affects about one in seven women of reproductive age. For more information about endometriosis, visit jeanhailes.org.au/health-a-z/endometriosis

If symptoms are affecting your quality of life, talk to your doctor

They will ask about your symptoms and your medical history, and may recommend some tests.