

EFFORD

Endometriosis Form for Doctor's Appointments



Name:

HCN:

Efford 2021 revised

MEDICAL INFORMATION: PRIVATE AND CONFIDENTIAL

Welcome to EFFORD. I hope this document helps you to get an overview of your symptoms and just how much they are impacting your life.

How to use the form:

Option 1

Keep notes about your symptoms in a notebook, journal or your period tracker app (try Phendo or Clue). Look back over the past month/6 weeks and see which symptoms are jumping out to you as being particularly painful or frequent and then use those to fill in the form. Keep checking back over your notes as you go through the form.

Option 2

Fill in the form the day before you have your GP or consultant appointment. This gives you time to amend it in case you forgot anything. Fill it in off the top of your head and be honest.

Option 3

Sit with your doctor or a loved one and fill it in together.

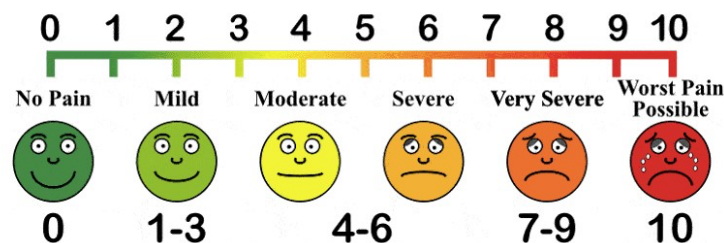
You can fill in the boxes with a tick, or a score e.g. if your cramping is moderate, you might write '6', or you could simply tick that box – whatever works for you.

Don't avoid ticking symptoms just because you feel embarrassed.

Remember, this is not your fault and doctors are here to help.

If they don't know enough, then they should be referring you for a second opinion.

Pain scale:



You can leave blank any parts of the symptom descriptors you don't need.

There are 2 blank rows at the bottom for anything else you'd like to add.

Pain descriptors:

Colicky, stabbing, sharp, dull, aching, pulsating, numb, pins & needles, uncomfortable, tight, stiff, intense, constant, heavy, pressure, pulling, twisting, nauseating.

*Heavy periods: Completely soaking through a pad or tampon in less than 2 hours. Having to double up on pads/tampons; ruining sheets and clothing in a short space of time.

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Symptom	When did this start?	mild	moderate	severe	very severe/ debilitating	I have not noticed this symptom yet	Unsure, as it could be related to another condition I have	Word(s) to describe this pain are...
Painful periods (whatever that means for you)								
Pelvic pain outside of menstruation								
Heavy periods*								
Extreme cramping during periods; labour pain								
Excessively long periods (longer than 7 days on a frequent basis)								
Passing large clots during periods								
Constipation/ Diarrhoea; cycles of								
Nausea: <input type="checkbox"/> daily <input type="checkbox"/> frequently <input type="checkbox"/> occasionally								
Headaches								
Migraines								
Pudendal, vulvar pain								
Painful sex – during and/or after								

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Symptom	Onset	Mild	moderate	severe	very severe/ debilitating	I have not noticed this symptom yet	Unsure, as it could be related to another condition I have	Length of time I've had this particular symptom
Pain inserting a tampon or menstrual cup								
Cyclical back pain (it starts/gets worse during your period)								
Joint pain and all over muscle aches								

Constant hip pain/sciatica type symptoms								
Pain in legs and thighs, especially during periods. Legs like lead.								
Episodes of hiccupping during periods								
Coughing up blood during periods								
Frequent "UTIs" which test negative/do not respond to antibiotics								
Incomplete voiding of bladder								
Incomplete voiding of bowels								
Painful to pee								

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Symptom	Onset	Mild	moderate	severe	very severe/ debilitating	I have not noticed this symptom yet	Unsure, as it could be related to another condition I have	Length of time I've had this particular symptom
Pain during ovulation								
Spotting and/or bleeding during ovulation								
Spotting every day of the month outside of my period								
Side effect(s) from hormonal treatments								
Chest pain								
Shortness of breath								
Blood with bowel movements								
Fatigue								
Pain before or after bowel movements								
Bloating: <input type="checkbox"/> before periods <input type="checkbox"/> during periods <input type="checkbox"/> all the time								
Gums or nose bleeds before periods								

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Impact

Early intervention and diagnosis of endometriosis is key not just in restoring a patient's quality of life but also to prevent infertility, chronic pelvic pain and neuropathic pain.

Endometriosis can affect **all** areas of a patient's life.

For further learning, please check the resources section on www.endowareni.org

What is the most urgent symptom I need help with right now?

What is the second most urgent symptom I need help with?

What approaches have I already tried to help with my period & pelvic pain?

Family history of endometriosis, adenomyosis, hysterectomy due to pain, infertility including secondary infertility, lung collapse, migraine, anxiety, depression?
