

Do I have Endometriosis?

Use this quiz to help you decide if you need to seek medical advice:

- Do you take medication for period pain every month?
- Do you need to take time off work or school when you have your period?
- Do you need to go to bed because of pain when you have your period?
- Do you experience heavy bleeding or long periods?
- Do you have pain midway through your cycle?
- Do you have pain during or after sex?
- Do you have pain during bowel motions?
- Do you have diarrhoea or constipation related to your periods?
- Do you experience pain when you have a full bladder or when urinating?
- Do you have a mother, sister or aunt who has had similar symptoms or been diagnosed with endometriosis?

If you answered **'yes'** to even a few of these there is a possibility you **may** have endometriosis.

If you suspect you have Endometriosis, print off this checklist and take to your GP to discuss your symptoms.

- Ask for a referral to a gynaecologist specialising in endometriosis, or self-refer
- Never be afraid to seek a second opinion
- Consider keeping a symptom diary - see our Fact Sheet section
- Consider taking a support person with you to doctor appointments
- Contact Insight Endometriosis for more information and community support. *We understand endometriosis.*

For more information:

Visit us at: www.InsightEndometriosis.org.nz or [www.Facebook.com/InsightEndometriosis](https://www.facebook.com/InsightEndometriosis)
or contact our Educator, Annette: 07 8555 123 info@InsightEndometriosis.org.nz
