

Endometriosis Assessment Guide

Early diagnosis and early intervention are the best prevention.

This assessment guide is an aid to recognizing the signs and symptoms of endometriosis. Use it to assist in identifying students who may benefit from consultation with a physician who specializes in the treatment of endometriosis.

How to Use This Guide

- These brief questions are designed to allow for easy inclusion into everyday practice and may be applied as an adjunct to assessment of any female student who has reached the age of menstruation.
- If a young woman answers “yes” to two or more of these questions, additional evaluation is strongly recommended. The “Consider Endometriosis” worksheet is designed for this purpose. The student/patient may need guidance in completing the worksheet and should be encouraged to share survey results with a trusted health care provider.
- Every effort should be made not to deviate from suggested verbiage. It is important to encourage open, honest conversation, without leading or introducing biased suggestion. Allow the student/patient to describe their own symptoms using their own words.

Primary Assessment Questions

In the past year have you:

1. Experienced so much pain around your periods that you are unable to attend school, work or social events?
2. Experienced very heavy bleeding that lasts for more than the first two days of your period?
3. Experienced recurring pelvic pain (pain in your lower belly) any time during the month when you do NOT have your period, which prevents you from participating in daily activities or causes you to take medication to relieve the pain?



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