

Endometriosis Appointment Prep Checklist

endotracking.com | Print or save this page and bring it to your appointment

BEFORE YOUR APPOINTMENT - Track & Prepare

- Track pain: note location (pelvis, lower back, legs), severity (0-10), and what makes it worse or better
- Track your cycle: record the start and end dates, flow heaviness, and any irregular patterns
- Log bowel & bladder symptoms (pain, bloating, diarrhoea, constipation, urgency, pain with urination)
- Record fatigue levels and how often they affect your daily activities or work
- Note how symptoms impact your daily life, work, relationships, and mental health
- Write out all current medications, supplements, and doses -- including hormonal contraception
- List treatments already tried (e.g. pain relief, hormones, physiotherapy) and how well they worked
- Note any relevant family history (endometriosis, fibroids, autoimmune conditions)
- Write down your top 3 concerns to raise with the doctor so you don't forget under pressure
- If you use a symptom tracker app, export or print your recent symptom log to bring along

WHAT TO BRING TO YOUR APPOINTMENT

- Symptom diary or printed app report (at least 4-8 weeks of data if available)
- List of current medications, doses, and how long you've been taking them
- Previous test results: blood tests, ultrasounds, laparoscopy reports (if any)
- Your prepared list of questions (see section below)
- A support person (partner, friend, or family member) -- appointments can be emotional
- Private health insurance details (if relevant in your country)

QUESTIONS TO ASK YOUR DOCTOR

- Based on my symptoms, could this be endometriosis -- and what else might it be?
- What tests can help confirm or rule out endometriosis (ultrasound, MRI, laparoscopy)?
- What are my treatment options at this stage, and what are the pros and cons of each?
- Should I be referred to a gynaecologist or endometriosis specialist?
- Could my symptoms affect my fertility now or in the future?
- What are my short-term pain management options while we investigate further?
- Are there lifestyle changes (diet, exercise, stress management) that could help?
- What should I track and document before my next appointment?
- How long is the typical wait for a specialist referral or diagnostic laparoscopy?
- What warning signs mean I should seek urgent or emergency care?

Tip: Bring this list printed and ask the doctor to note their answers in your file.

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AFTER YOUR APPOINTMENT - Next Steps

- Write down (or request written notes on) the doctor's conclusions and recommended next steps
- Book any follow-up tests or specialist referrals discussed at the appointment
- Continue logging symptoms between now and your next appointment
- Research a second opinion if you feel unheard or symptoms are severe and unexplained
- Connect with a patient support organisation (e.g. Endometriosis UK, Endometriosis Australia) for extra resources

Medical disclaimer: This checklist is for informational purposes only and does not constitute medical advice. Always consult a qualified healthcare professional for diagnosis and treatment decisions.