WOMO HEALTH



Endometriosis

Understanding pain and finding your next step.

A **WOMO Health** Guide

womo-health.com

BEFORE YOU BEGIN

Pain that stops your life is not “just cramps.”

If you have spent years curled up with a heating pad, missing school or work, or being told that bad periods are part of being a woman, this guide is for you.

Endometriosis is common, and it often takes years to be diagnosed. Many women see several providers before anyone takes their pain seriously. That delay is not because the pain was not real. It is because endometriosis is easy to miss if no one is looking for it.

> *Your pain is information, not an overreaction.*

What this guide will give you

- A plain-language explanation of what endometriosis is
- The symptoms beyond period pain that often get missed
- Why diagnosis takes so long, and how to shorten the road
- A printable symptom tracker and a one-page provider summary
- The options worth asking about, including ones that protect fertility
- The questions to ask, and what to say if you feel dismissed

A NOTE BEFORE YOU START

This guide is for education and preparation. It does not diagnose you or replace care from a licensed provider. Use it to understand your body, organize what you notice, and have a better conversation with someone who can examine you.

CHAPTER 01

What is endometriosis?

Endometriosis is a condition where tissue similar to the lining of the uterus grows outside the uterus, often on the ovaries, the outer surface of the uterus, the bowel, the bladder, or the lining of the pelvis.

This tissue can cause inflammation, pain, and scar tissue. It responds to hormones, which is why symptoms often get worse around your period. It is not an infection, it is not caused by anything you did, and it is not in your head.

Symptoms that can come with it

- Period pain that pain relievers do not touch, or that keeps you from daily life
- Pelvic pain between periods
- Pain during or after sex
- Pain with bowel movements or peeing, especially during your period
- Bloating that comes and goes with your cycle
- Heavy or irregular bleeding
- Tiredness that does not match your schedule
- Trouble getting pregnant

> *The amount of pain does not always match how much endometriosis is there. Your experience still counts.*

CHAPTER 02

Why it takes so long to find

Many women are told for years that their pain is normal, stress, a bad stomach, or something they should push through. Symptoms can look like other conditions, such as irritable bowel syndrome or bladder pain.

Endometriosis also does not always show up on a regular ultrasound or exam. Some forms can be seen on imaging, but the only way to confirm it for certain has been surgery. Today, many providers will treat based on your symptoms and history while deciding whether surgery is needed.

What a provider may consider

- Your symptom history and how it affects your life
- A pelvic exam
- An ultrasound, sometimes a specialized one
- An MRI in some cases
- Other causes of pelvic pain, like cysts, fibroids, infections, or bowel conditions
- Adenomyosis, which often shows up alongside endometriosis
- Whether to refer you to a specialist in endometriosis

GOOD TO KNOW

You do not need a confirmed diagnosis to have your pain treated. You can ask what can be done now while the bigger picture is figured out.

CHAPTER 03 · PRINT THIS PAGE

Your symptom tracker

Track for one full cycle, or longer if you can. A pattern written down is hard to dismiss.

Day	Pain (0 to 10)	Where it hurts	Bleeding?	Bowel, bladder, or sex pain	Missed anything?
Day 1					
Day 2					
Day 3					
Mid-cycle					
Before period					

Also note

- Pain relievers you tried and whether they helped: _____
- How many days this cycle pain kept you from normal life: _____
- Where the pain spreads (back, legs, rectum): _____

TRACK IT WITH MAE

In the WOMO app, you can log pain, bleeding, and how you feel each day, and bring months of history into your visit.

CHAPTER 04

Options worth asking about

Treatment depends on your symptoms, your goals, and whether you want to keep the option of pregnancy. These are options to discuss with your provider, not recommendations.

Pain relief

- Anti-inflammatory pain relievers
- Heat, pelvic floor physical therapy, and other support for pain

Hormonal options

- Birth control pills, patch, or ring
- Progestin-based treatments, including a hormonal IUD
- Medicines that lower estrogen for a time

Surgery

- Laparoscopy to look for and remove endometriosis
- Surgery done by someone with extra training in endometriosis can matter
- Hysterectomy, a permanent option that does not cure every case and is never the only option you should be offered

Fertility

- If pregnancy is a goal, ask early about how treatment choices affect fertility

> *You can ask for a specialist. Many women get relief once the right person is involved.*

CHAPTER 05

What to ask, and what to say

Questions to bring

- Based on my symptoms, could this be endometriosis?
- What can we do for my pain now, even before a diagnosis is confirmed?
- Would imaging help in my case?
- Should I see a specialist in endometriosis?
- How do my options affect my fertility?
- What should make me call you or get care right away?

If you feel dismissed

> “My pain keeps me out of work about ___ days every month, and over-the-counter medicine does not control it. I would like to understand what is causing it.”
>
> “If you don’t think this needs more evaluation, can you note in my chart that I asked and why it was not done?”

You can also ask for a referral, bring someone with you, or get a second opinion. Wanting answers about your own body is reasonable.

GET CARE TODAY IF

- Sudden, severe pelvic pain, especially on one side
- Pelvic pain with fever, vomiting, or fainting
- Pain with heavy bleeding and dizziness
- Pelvic pain when you could be pregnant

PRINT THIS PAGE

My provider summary

How long I have had this pain:

My pain on my worst days (0 to 10) and where it is:

Days per month it affects my life:

Other symptoms (bowel, bladder, sex, bleeding, fatigue):

What I have already tried:

Whether pregnancy is a goal for me:

What I’m asking for today:

BEFORE YOU GO

Your pain was always real. Now you have the words for it.

You do not have to keep pushing through. Track your next cycle, bring this guide, and ask for a plan that takes your pain seriously.

Keep going with WOMO

- Log pain and symptoms every day with Mae in the WOMO app
- Take the free 10-minute health assessment at womo-health.com
- Explore more guides in the WOMO Library: Heavy Bleeding, Fibroids, and more

With you in this,
the WOMO team 💜

This guide is for educational purposes only and is not medical advice. It does not diagnose, treat, or replace care from a licensed healthcare provider. If you think you are having a medical emergency, call 911 or go to the nearest emergency room.