

# Symptom questionnaire



This questionnaire has been designed to help you discuss your symptoms with your GP and to help them with their diagnosis. Answer the questions, remembering to give as much information as possible. Some things you may not think are relevant may be very important to your GP. Don't forget to take a copy with you to your appointment.

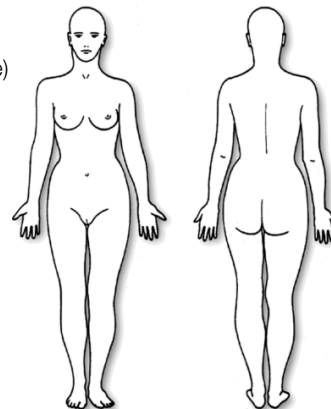
## Bleeding

1. What was the date of your last period? \_\_\_\_\_
2. Are your periods regular (once a month)?  Yes  No  
- If not, how often? \_\_\_\_\_
3. On average, how long does a typical period last? \_\_\_\_\_
4. Is your flow light, medium, heavy or very heavy? \_\_\_\_\_
5. Do you bleed between periods?  Yes  No

## Pain

1. Are your periods painful?  Yes  No
2. Do you get pain at other times of the month?  Yes  No  
- If so, when? \_\_\_\_\_

3. Where is the pain?  
(Please mark on the diagram, after printing out the questionnaire)



4. Do you have pain during or after sex?  Yes  No
5. How would you describe the pain?  
Stabbing  Spasm  Burning  Aching  Dull  Sharp  Cramping   
Constant  Throbbing  Random  Agonising  Shooting

## *Other symptoms*

1. Do you have pain or bleeding when you have a bowel movement?  Yes  No  
- Is this worse during your period?  Yes  No
2. Do you have pain or bleeding when you urinate?  Yes  No  
- Is this worse during your period?  Yes  No
3. Do you feel bloated?  Yes  No  
- Is this worse during your period?  Yes  No
4. Do you feel physically tired?  Yes  No  
- Is this worse during your period?  Yes  No
5. Do you feel sick, vomit or faint during your period?  Yes  No

## *General*

1. Approximately how long have you had the symptoms you have described above?
- 

2. Do your symptoms affect your working life?  Yes  No  
(Please give details)
- 

3. Do your symptoms affect your social life?  Yes  No  
(Please give details)
- 

4. Do your symptoms affect your relationship?  Yes  No  
(Please give details)
- 

To find out more call the helpline on

**0808 808 2227**

or visit [www.endometriosis-uk.org](http://www.endometriosis-uk.org)

