

**Patient presents with Chronic Pelvic Pain. Initial assessment to include:**

- History:**
- Pain - Duration, location, radiation, severity, alleviating factors, medications
  - Menstrual history - dyspareunia, dyschezia, other pelvic pain, hormonal treatment
  - Bladder / Bowel symptoms
  - Other past medical, gynaecological and obstetric history
  - BMI
  - Desire for pregnancy (currently or in future)
  - Consider abuse as potential cause of pain

**Investigations:**

- Pelvic ultrasound
- Screen for pelvic infections / UTI
- U&E

**Examination:**

- Abdominal and bimanual examination (if possible)

**Based on symptoms and examination – decide upon the likely underlying diagnosis.**

**Endometriosis Symptoms:**

- Dysmenorrhoea +/- menorrhagia
- Cyclical pelvic pain
- Non menstrual pain
- Dyschezia

- Cyclical bladder pain
- Lethargy
- Deep Dyspareunia

**Examination**

- Uterine tenderness
- Nodularity
- Pelvic fixation
- Pelvic tenderness

**Management in Primary Care**

**Trying to conceive:**

- Commence NSAIDS during menstruation
- Tranexemic acid for menorrhagia
- Consider fertility investigations if trying for > 12 months and age less than 35 years. Fertility investigations after 6 months of trying if age greater than 35 years.
- Refer to chronic pain team also if appropriate

**Not trying to conceive:**

- Commence regular NSAIDS and/or commence hormonal treatment - combined oral contraceptive back to back or mini pill
- Tranexemic acid for menorrhagia
- Review 3-6/12 – if treatment not effective refer to Endometriosis service Saint Mary's Hospital
- Refer to chronic pain team also if appropriate

**Refer to Endometriosis and Fertility Assessment service at Saint Mary's Hospital all suspected endometriosis patients with recent pelvic ultrasound scan report, U&E. Screen for STI's if appropriate**

**Consider other causes of pain:-**

- IBS/Gastroenterology
- Painful Bladder Syndrome/urological cause
- Musculoskeletal pain

**Patient Information**

[RCOG](http://www.rcog.org.uk)

**Patient Support**

<https://www.endometriosis-uk.org/find-a-support-group>

**National Guidance**

[NICE Endometriosis](https://www.nice.org.uk/guidance/ng147)