



Saint Mary's Managed Clinical Service  
Division of Gynaecology

## PATIENT INFORMATION LEAFLET

# THE NORTHWEST PELVIC PAIN & ENDOMETRIOSIS CENTRE: YOUR FIRST APPOINTMENT

Endometriosis is a condition in which small pieces of the womb lining (the endometrium) are found outside the womb. This could be in the fallopian tubes, ovaries, bladder, bowel, vagina or rectum. Endometriosis commonly causes pain in the lower abdomen (tummy), pelvis or lower back.

## BEFORE YOUR APPOINTMENT

### COMPLETE THE QUESTIONNAIRE

Please follow the link to the "Endometriosis and Pelvic Pain Questionnaire for patients", completing this will give us information about how your symptoms are affecting your quality of life.

<https://mft.nhs.uk/saint-marys/services/gynaecology/endometriosis/>

### START A SYMPTOM DIARY

We recommend you start a 'symptom diary', recording when they happen and their severity. It is helpful for us to have information about your menstrual cycle, so you can track this here too.

[https://www.endometriosis-uk.org/sites/default/files/2022-08/pain-symptoms-diary\\_0.pdf](https://www.endometriosis-uk.org/sites/default/files/2022-08/pain-symptoms-diary_0.pdf)

## WHAT WILL THE ASSESSMENT INVOLVE?

You will be seen by a consultant gynaecologist, a gynaecology registrar, or a gynaecology advanced clinical practitioner – all are experts in endometriosis.

The clinician will take a detailed history of your symptoms and how they are affecting your life.

Some symptoms you may be asked about include:

- o Painful periods
- o Pelvic pain
- o Pain during sexual intercourse
- o Questions about your bowel habits
- o Pain when urinating
- o Your fertility desires

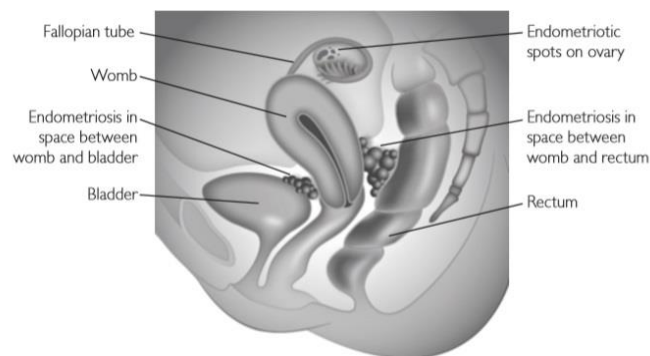
## INTERNAL EXAMINATION

Depending on your condition your doctor may need to perform an internal examination to assess your pelvic organs, the extent of your endometriosis and whether it may affect your other organs.

Pelvic Examination: the doctor will use a speculum (as is used in smear tests) to look at the vaginal walls and cervix, they may also take swabs to screen for infection. They will then insert gloved lubricated fingers to feel for any tenderness of the vaginal walls and the cervix.

Rectal Examination: the doctor will feel inside the anus and rectum using a gloved lubricated finger.

A female chaperone will be present for the duration of any internal examination.



## IMAGING

Your doctor may book further imaging for you, this is usually an ultrasound or MRI - you will receive this appointment 4-6 weeks after it has been booked.

## RECEIVING A DIAGNOSIS OF ENDOMETRIOSIS

A diagnosis of endometriosis cannot be known for sure without having an operation to view endometrial cells outside the womb, called a laparoscopy. However, the clinician may be able to tell you how likely a diagnosis of endometriosis is during this clinic. Scans will give the clinician more information about the likelihood of you having endometriosis, and you may be given the option to be listed for laparoscopic surgery during a follow-up appointment.

**If you require any further information or clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.**

## CONTACT DETAILS



**Endometriosis nurses:** [Endometriosis.nurses@mft.nhs.uk](mailto:Endometriosis.nurses@mft.nhs.uk)



**Appointment queries:** 0161 276-60000 (please select option 1).



<https://mft.nhs.uk/saint-marys/services/gynaecology/endometriosis/>

## FURTHER INFORMATION

Endometriosis UK helpline on: 0808 808 2227, or access their website on <https://www.endometriosis-uk.org/>