



**If you suspect that you have endometriosis and are seeking a diagnosis, or have a diagnosis and are seeking care, there are some important questions that you should review, and some that you should ask your primary care practitioner.**

### **Questions to Ask Yourself**

- What do I know about endometriosis? Have I done my research?
- What do I know about treatment options, and what sort of medical professionals or alternative practitioners provide them?
- Why do I believe I have endometriosis, and how best can I convey this to my doctor?
  - Charting pain over a few cycles, including bouts of fatigue, pain or discomfort with bowel movements, urination, and/or intercourse, as well as any changes in diet and sleep habits
  - Providing medical history, ultrasound & surgical reports, prescription history
  - Providing reports from your fertility clinic
- What do I want out of this meeting with my doctor?
  - A referral to gynecologist who specializes in endo?
  - To discuss fertility options?
  - To request another course of treatment, because the current one is not working?

### **Questions to Ask Your Medical or Naturopathic Doctor**

- Do you have experience treating many patients with endometriosis?
- What are the short term and long term options available to me for pain management?
- I have heard about [treatment option here] what are your thoughts on whether it may be helpful, and what are the pros and cons of this treatment option?
- Do you have any information on helpful dietary changes that I could make?
- Do you have any information pertaining to endometriosis for me to take home?
- What would be the benefit of having a laparoscopy?

### Questions for Surgeons only

- How much of your time in the operating room is spent on endometriosis?
- How many cases of endometriosis do you operate on every year? Approximately how many cases have you operated on in total?
- What are the risks of laparoscopic surgery for endometriosis?
- What surgical method of removal do you use for endometriosis? Will it harm my fertility?
- How long would recovery take?
- What are the outcomes in your patients who have had surgery? Was pain and/or other symptoms reduced or eliminated? If fertility was an issue, was fertility improved?

***\*\*Remember that when seeking a doctor to treat your endometriosis, it is important that you are comfortable with them. If you do not feel that you can speak openly and honestly about your symptoms, treatment options, or quality of life, it might be time to seek another opinion.***