### Endometriosis.net

# Could I Have Endometriosis?

### I am experiencing...



#### Abnormal periods:

Heavy bleeding, bleeding between periods, or bleeding that lasts longer than 7 days

#### INTENSITY:

1 2 3 4 5 6 7 8 9 10



## Abdominal and lower back pain:

Severe abdominal or lower back pain/ cramping, especially during my period

#### INTENSITY:

1 2 3 4 5 6 7 8 9 10



#### Pain with sex:

Pain during or after sex

#### INTENSITY:

1 2 3 4 5 6 7 8 9 10



## Gastrointestinal pain:

Diarrhea, constipation, bloating, nausea, and/ or pain during bowel movements

#### INTENSITY:

1 2 3 4 5 6 7 8 9 10



#### Infertility:

The inability to get pregnant ("conceive") after 12 months of trying

#### INTENSITY:

1 2 3 4 5 6 7 8 9 10



#### Fatigue:

Excessive tiredness that cannot be explained

#### INTENSITY:

1 2 3 4 5 6 7 8 9 10

#### **Notes:**

**Need help tracking your symptoms?** Consider downloading a free period tracker app for your smartphone or tablet, such as *Clue*, *Flo Period Tracker*, or *Eve*.

Resources: Endometriosis Foundation of America, Mayo Clinic, Cleveland Clinic, ACOG, USDHHS, & NIH

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