



# The Confident Patient:

## A Doctor Discussion Guide for Endo & Fibroid Pain Relief

### Tracking symptoms and severity

- What symptoms should I be tracking, and what's the best way to record them?
- What should I do if my symptoms feel like they're getting worse?
- How would you describe my severity? How will that inform your treatment approach?
- How will I know when it's time to seek treatment beyond what I've tried in the past?
- What are the potential signs of uterine fibroids (UF)? How do we test for them?

### Meeting your treatment needs

- How will you evaluate whether my treatment is working or not? How will we measure and track this?
- How do we decide if it's time to make a treatment change, and what does that process look like?
- Can we treat my painful periods in the longterm and get me to feeling better longer?

### Exploring treatment options

- What treatment options for endo pain are currently available, and how do they work?
- Based on my profile, which treatments am I a good candidate for?
- Are there any options that offer more than just temporary relief from my symptoms?
- What's the difference between endometriosis and uterine fibroids? Can both be treated together?

### Symptom check-in

- Heavy periods
- Bleeding between periods
- Bloating
- Constipation
- Lower back pain
- Pain during sex
- Frequent urination or inability to empty the bladder
- Severe abdominal pain and cramping, especially with periods

### Notes: