



Endometriosis Symptom Checklist

If you or someone you know have one or more symptoms below, please discuss the possibility of endometriosis with a medical professional.

Symptoms

- Pain with exercise or daily activities
- Excessive or prolonged pelvic pain or abdominal pain
- pain, frequency or burning with urination
- fatigue
- abnormal ovarian cysts, in particular endometriomas
- Anxiety, depression and other mental health disorders
- PMDD (premenstrual dysphoric disorder)
- PMS (post menstrual syndrome)
- anemia or iron deficiency
- Painful intercourse, penetration or sexual activity
- pain when inserting or using tampons, diva cup or other menstrual products
- excessive or prolonged period pain
- bloating, nausea, diarrhea or constipation
- stabbing pains up and under ribs
- menstrual irregularities and dysfunction
- pelvic floor dysfunction
- difficulty conceiving or infertility
- chronic pain lasting six months or longer
- migraines and headaches
- fatigue
- coughing up blood
- leg, back pain and/or sciatica
- other bowel or urinary disorders, pain and dysfunction

Please note this is not a comprehensive list of symptoms and every person with endometriosis will have a unique experience. Some symptoms may tend to worsen around menstruation. Please consult with a medical professional to speak further about your symptoms.