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Endometriosis

Patient name: _____ Admission: _____

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- I. **The client/caregiver can define endometriosis.**
 - A. Tissue that resembles and acts like the lining of the uterus grow outside the uterus. This misplaced tissue can cause pain, infertility, and heavy bleeding.
 - B. Other areas that it can grow are
 - On or under the ovaries
 - Behind the uterus
 - On tissue that supports the uterus
 - On the bowels or bladder
 - C. On average, women have symptoms for 2 to 5 years before diagnosis is made.
 - D. Postmenopause, symptoms disappear.

- II. **The client/caregiver can list signs and symptoms of endometriosis.**
 - A. Very painful menstrual cramps that grow worse over time.
 - B. Chronic pain in lower back and pelvis
 - C. Pain during or after sex
 - D. Intestinal pain
 - E. Painful bowel movements or urination during menstrual periods
 - F. Heavy and/or long menstrual periods
 - G. Spotting or bleeding between periods
 - H. Infertility
 - I. Fatigue
 - J. Diarrhea, constipation, or bloating, especially during periods

- III. **The client/caregiver can list risk factors for getting endometriosis.**
 - A. Began menstruation at an early age
 - B. Have heavy periods
 - C. Have periods that last more than 7 days
 - D. Have a short monthly cycle (27 days or less)
 - E. Have close relatives (mother, aunt, and sister) with endometriosis

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- IV. **The client/caregiver can list measures to treat and cope with endometriosis.**
 - A. Pain medication is given as prescribed by physician.
 - B. Hormone treatment is given as prescribed by physician.
 - C. Health care provider may suggest surgery, such as laparoscopy, major abdominal surgery, or hysterectomy.
 - D. To cope with this condition
 1. Exercise regularly.
 2. Avoid alcohol and caffeine.
 3. Be informed.
 4. Join support groups.

RESOURCES

The Federal Government Source for Women's Health Information
www.4woman.gov

National Women's Health Information Center
800-994-9662

Endometriosis Association
414-355-2200
www.endometriosisassn.org/

The American College of Obstetricians and Gynecologists
800-762-2264 x192 (for publication requests only)
www.acog.org/

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