

# What is endometriosis?

Do you see female patients? Do they have painful periods? Pain pre or

Have you considered endometriosis?

What is endometriosis?

[www.endometriosis-uk.org](http://www.endometriosis-uk.org)



## Some quick facts and figures about endometriosis

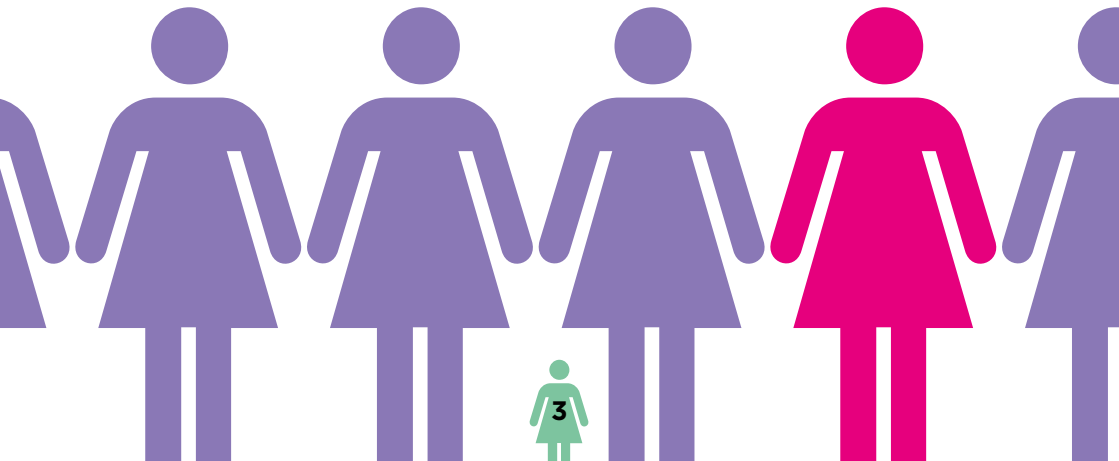
[www.endometriosis-uk.org](http://www.endometriosis-uk.org)

- **One in 10**
- **10%**  
**176 million worldwide**

**1.5 million women**

**7.5 years**

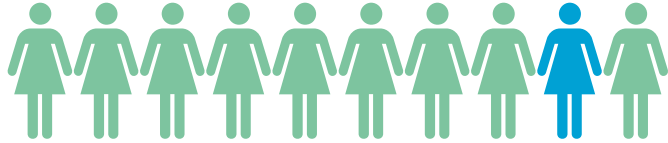
**£8.2bn**



## Who may be affected?

## What are the symptoms?

- painful periods



and pain

- depression
- a family history of endometriosis
- infertility

## Care management in primary care

- **analgesics**

time of the period

- **oral hormonal treatments**

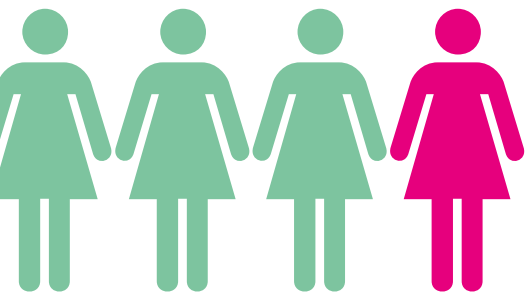
- **intra-uterine hormones**

## When to refer?



## Care in secondary care and endometriosis centres

[www.bsge.org.uk](http://www.bsge.org.uk)



## Further information and resources

*Endometriosis: diagnosis and management NICE guideline*  
[www.nice.org.uk/guidance/ng73](http://www.nice.org.uk/guidance/ng73)

[www.nice.org.uk/guidance/qs172](http://www.nice.org.uk/guidance/qs172)

*The Role of the  
Endometriosis Clinical Nurse Specialist in British Society for  
Gynaecological Endoscopy Registered Centres*

[www.endometriosis-uk.org](http://www.endometriosis-uk.org)

[www.bsge.org.uk](http://www.bsge.org.uk)

[www.rcog.org.uk](http://www.rcog.org.uk)

[www.eshre.eu](http://www.eshre.eu)

[www.endometriosis.ca](http://www.endometriosis.ca)

*Endometriosis: improving the wellbeing of couples – summary report and  
recommendations* [www.dmu.ac.uk/research](http://www.dmu.ac.uk/research)

[http://cultureandcompassion.com/wp-content/  
uploads/2015/04/Endometriosis-and-cultural-diversity.pdf](http://cultureandcompassion.com/wp-content/uploads/2015/04/Endometriosis-and-cultural-diversity.pdf)



<b>Symptoms</b>	<b>Yes/ no</b>	<b>Notes</b>
Painful periods		
movements		
Painful urination and/or		
pain		
Depression		
Family history of endometriosis		





The RCN represents nurses and nursing, promotes excellence in practice and shapes health policies.

October 2018

Review date: October 2021

Published by the  
Royal College of Nursing  
20 Cavendish Square  
London W1G 0RN

RCN Direct 0345 772 6100

RCN Online [www.rcn.org.uk](http://www.rcn.org.uk)