

Search endometriosis on the home pages below

[Better Health Channel](#)

[Jean Hailes for Women's Health](#)
[Jean Hailes pain diary](#)

[Family Planning Victoria](#)

[The Royal Women's Hospital Victoria](#)

[Endometriosis Australia](#)

Health care and support

[Clinic 35 Sexual and Reproductive Health](#)

Gateway Health 1800 657 573

Gateway Health Wodonga 02 6022 8888

Gateway Health Wangaratta 03 5723 2000

Gateway Health Myrtleford 03 5731 3500

[Meryula Clinic Benalla](#)

03 5761 4500

[Meryula Clinic Shepparton](#)

1800 222 582 - press 4 for Community Health

[Tallangatta Health Medical Centre](#)

02 6071 5270

[Seymour Health Well Women's Clinic](#)

03 5735 8050

Nurse on Call 1300 60 60 24



We acknowledge the support of the Victorian Government and regional women who generously shared their experiences through *Storylines: Her Voice Matters*

This work by [Women's Health Goulburn North East](#)
is licensed under [CC BY-NC-ND 4.0](#)



About endo



A straightforward guide to endometriosis

What is endometriosis or endo?

A condition where cells like those that line your uterus grow in other parts of the body

Endo cells often stick to organs inside the pelvis, the area between your stomach and back

Endo cells can thicken and cause the uterus, ovaries, fallopian tubes and bowel to stick to each other at different spots. These adhesions can be extremely painful

Endo affects 1 in 10 people who have periods

Signs and symptoms of endo

Bleeding

- Heavy bleeding during your period
- Blood clots or thick blood during your period
- Bleeding between your periods and after sex
- Blood in your urine or from your bowel

Pain

- Period pain that doesn't go away after taking pain or period medication
- Pain during sex, passing urine or using your bowel
- Severe pain in your stomach, pelvis, lower back or legs
- Pain before, during or after your period
- Pain that gets worse and stops you doing daily activities and things you enjoy

Other

- Extreme tiredness, no energy, feeling faint
- Feeling bloated, constipation and diarrhoea
- Mood swings, feeling anxious, cranky or depressed
- Difficulties getting pregnant

How do you know you have endo?

See a doctor or nurse you feel comfortable to talk with.
Painful periods that affect your daily life are NOT NORMAL

Your doctor or nurse will need to ask questions about bleeding, pain and other symptoms

Keeping a diary about your period, signs and symptoms for at least 3 months will help you explain

Your doctor will usually do a physical examination and an internal examination if you've had sex

Further tests and procedures may be needed: a blood test, ultrasound scan, a laparoscopy, colonoscopy

Staying well with Endo

It's helpful to have a doctor and health team who work with you and each other

Treatment may involve medications, surgery or both

Quality sleep, healthy diet and gentle exercise support general wellbeing

Keeping a food diary helps track foods you're sensitive to

Naturopathy, yoga, meditation, acupuncture and herbal medicine may help you cope

Discuss herbal, Chinese medicines and other treatments with your doctor and health team before using

Talk to others with endo and share ideas to stay well