



ENDOMETRIOSIS PAIN AND IMPACT QUESTIONNAIRE

Endometriosis pain can get in the way of your daily life—even when it's not your period. In addition to painful periods, endometriosis symptoms can include pain outside of your period and painful sex.

Answer the following questions about your pain. Then, share its impact with your doctor.

1 **When** have you experienced pain within the past 30 days? (mark all that apply)

During your period Not during your period During sex Other (specify): _____

2 **In the past 30 days**, how many times has endometriosis pain affected your ability to (mark all that apply)

Attend work and/or school

1 2 3 4 5 If more, specify: _____

Participate fully at work and/or school

1 2 3 4 5 If more, specify: _____

Enjoy sex with significant other

1 2 3 4 5 If more, specify: _____

Attend family and/or social events

1 2 3 4 5 If more, specify: _____

Participate in activities related to caring for your family

1 2 3 4 5 If more, specify: _____

Get enough sleep

1 2 3 4 5 If more, specify: _____

Participate in sports or exercise

1 2 3 4 5 If more, specify: _____

3 **In the past 30 days**, how would you rate the level of your **worst** pain?

(mark number on the scale below: 0=no pain; 10=worst pain imaginable)

1 2 3 4 5 6 7 8 9 10

4 **In the past 30 days**, have you taken any over-the-counter or prescription pain medication for endometriosis pain? Yes No

If yes, which one(s)? _____

How much and how often? _____

5 **Since your last visit**, has anything about your endometriosis changed (pain level, medication, symptoms, etc.)?

**It's important to discuss your pain symptoms, as well as their impact, with your doctor.
That way, he or she can help you find the right management plan for you.**