**Endometriosis – initial management**

**Based on NICE guidance – Endometriosis: diagnosis and management**

**Symptoms and signs**

At first presentation

- Suspect endometriosis in women (including young women aged ≤ 17 years) with 1 or more of:
  - Chronic pelvic pain
  - Period-related pain (dysmenorrhoea)
  - Deep pain during or after sex
  - Period-related or cyclical symptoms

- **Gastrointestinal** particularly painful bowel movements
- **Urinary** particularly blood in the urine or pain passing urine

These symptoms may be associated with infertility

Discuss keeping a pain and symptom diary

**Investigations**

- Offer abdominal and pelvic examination to identify:
  - Reduced organ mobility and enlargement
  - Tender nodularity in the posterior vaginal fornix
  - Visible vaginal endometriotic lesions

- Consider an ultrasound scan

**Assess needs**

Assess women’s individual information and support needs:

- Circumstances
- Priorities
- Symptoms
- Work and study
- Daily living
- Cultural background
- Physical needs
- Emotional needs
- Psychosexual needs
- Desire for fertility

**Initial treatment**

- **Analgesics**
  - Short trial (for example, 3 months) of paracetamol or NSAID alone or in combination

- **Hormonal treatment**
  - Combined contraceptive pill or progestogen

- **Treatment with neuromodulators**
  - Refer to the NICE guideline on neuropathic pain

**Consider referral**

- If trial of analgesics does not provide adequate pain relief
- If initial hormonal treatment for endometriosis is contraindicated, not effective, or not tolerated

**If fertility is a priority**

- Management by multidisciplinary team with input from a fertility specialist
- Diagnostic fertility tests
- Consider other recommended fertility treatments such as assisted reproduction

See NICE guideline CG156: Fertility problems: assessment and treatment

**Gynaecology service**

Refer to this service if:

- Severe, persistent, or recurrent symptoms of endometriosis
- Pelvic signs of endometriosis
- Initial management is not effective, not tolerated or is contraindicated

**Specialist endometriosis service**

Refer to this service if:

- Suspected or confirmed deep endometriosis involving:
  - Bladder
  - Bowel
  - Ureter

**Paediatric and adolescent gynaecology**

Refer young women (aged ≤ 17 years) to this service

If no service available, refer to specialist endometriosis service

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