Endometriosis - initial management

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

**Symptoms and signs**

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

**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
- Not tolerated

**Assess needs**

Assess women’s individual information and support needs:

- Circumstances
- Symptoms
- Priorities
- Work and study
- Cultural background
- Emotional needs
- Desire for fertility

**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

**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 contradicted

**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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