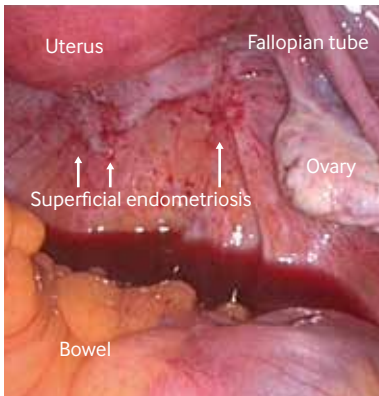


Endometriosis – initial management

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



Superficial endometriosis in the pelvic cavity

At first presentation

Symptoms and signs	Investigations
<p>Suspect endometriosis in women (including young women aged ≤ 17 years) with 1 or more of:</p> <ul style="list-style-type: none"> Chronic pelvic pain Period-related pain (dysmenorrhoea) Deep pain during or after sex <p>Period-related or cyclical symptoms</p> <ul style="list-style-type: none"> Gastrointestinal particularly painful bowel movements Urinary particularly blood in the urine or pain passing urine <p>These symptoms may be associated with infertility</p> <p>Discuss keeping a pain and symptom diary</p>	<p>Offer abdominal and pelvic examination to identify:</p> <ul style="list-style-type: none"> Reduced organ mobility and enlargement Tender nodularity in the posterior vaginal fornix Visible vaginal endometriotic lesions <p>Consider an ultrasound scan</p>

Assess needs

Assess women's individual information and support needs:

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

Initial treatment

<p>Analgesics</p> <p>Short trial (for example, 3 months) of paracetamol or NSAID alone or in combination</p>	<p>Hormonal treatment</p> <p>Combined contraceptive pill or progestogen</p>
<p>Treatment with neuromodulators</p> <p>Refer to the NICE guideline on neuropathic pain</p>	

Consider referral

<p>If trial of analgesics does not provide adequate pain relief</p>	<p>If initial hormonal treatment for endometriosis is</p> <ul style="list-style-type: none"> Contraindicated Not effective Not tolerated
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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*

Referral

Gynaecology service	Specialist endometriosis service	Paediatric and adolescent gynaecology
<p>Refer to this service if:</p> <ul style="list-style-type: none"> Severe, persistent, or recurrent symptoms of endometriosis Pelvic signs of endometriosis Initial management is not effective, not tolerated or is contraindicated 	<p>Refer to this service if:</p> <p>Suspected or confirmed deep endometriosis involving:</p> <ul style="list-style-type: none"> Bladder Bowel Ureter 	<p>Refer young women (aged ≤ 17 years) to this service</p> <p>If no service available, refer to specialist endometriosis service</p>