



COULD YOUR SYMPTOMS BE RELATED TO KŌPŪ WHAKATUPU PŪTAUTAU /ENDOMETRIOSIS?? TAKE THE QUIZ!

This self-assessment questionnaire is developed by kōpū whakatupu pūtautau /Endo Warriors Aotearoa to help those identify and assess endometriosis-associated symptoms.

The questionnaire aims to promote awareness of kōpū whakatupu pūtautau /endometriosis and to encourage early intervention and management of symptoms. The content of this questionnaire is provided on the understanding that no surgical or medical advice or recommendation is being rendered. Please consult your doctor if you are unwell or require medical advice.

No one should suffer in silence.

During your menstrual period, do you usually experience pain in your pelvic region, lower back, abdomen and/or stomach? YES NO

When you are NOT menstruating, do you experience pain in your pelvic region, lower back, abdomen or stomach? Answer Yes" if this pain limits your day-to-day activities or requires medication. YES NO

Do you experience debilitating pain, exhaustion and/or weakness, which disables you from actively participating in life activities? YES NO

Do you often experience pain with sex? YES NO N/A

Do you sometimes avoid sex to avoid pain? YES NO N/A

Do you often have painful bowel movements before or during your period? YES NO N/A

Do you bleed more than you think is normal and for longer than seven days during your period? YES NO

If you answered "Yes" to 1 or more of these questions, you could have endometriosis. Even if you answered "No" to all these questions, it is still important to talk to your doctor or healthcare provider about all your symptoms and your medical concerns. Note that heavy bleeding is not often suggestive of endometriosis and can instead be indicative of adenomyosis and/or fibroids. We recommend you talk to your doctor about your symptoms above and If you are under 16 we suggest you ask your caregiver to book an appointment for you.

What else can I do?

We recommend everyone keep a journal of their day-to-day symptoms. Tracking symptoms at home can be an important part of managing endometriosis and working with your healthcare provider to find the most effective treatment plan. This can help you to identify patterns in your symptoms and to communicate more effectively with your provider about your experience. It can also help your provider to monitor your progress over time and to make any necessary adjustments to your treatment plan. You can do this in a journal or use our free tracker daily tracker.