



ENDO WARRIORS AOTEAROA: GP APPOINTMENT INFORMATION WHEN YOU HAVE ENDOMETRIOSIS

At Endo Warriors Aotearoa, we understand the importance of effective communication with your general practitioner (GP) when seeking support and treatment for endometriosis. A productive GP appointment can help ensure you receive appropriate care and support. Here are important tips, facts, and strategies to make the most of your GP appointments when living with endometriosis. Please remember to consult your healthcare professional for personalized advice.

1. Prepare Ahead of Time:

- Before your appointment, make a list of symptoms, concerns, and questions you want to discuss. This will help ensure you cover all necessary topics during your visit.

2. Describe Your Symptoms:

- Clearly describe your symptoms, their severity, and any changes you have noticed. Be specific about how your symptoms impact your daily life and overall well-being.

3. Provide a Medical History:

- Share your medical history, including any previous diagnoses, surgeries, or treatments related to endometriosis. This information will help your GP understand your unique situation.

4. Discuss Impact on Daily Life:

- Explain how endometriosis affects your daily activities, work, relationships, and mental well-being. This will help your GP understand the broader impact of the condition.

5. Ask Questions:

- Don't hesitate to ask questions about endometriosis, treatment options, potential side effects, and long-term management. This will help you make informed decisions about your care.

6. Request Referrals or Specialist Consultations:

- If you believe you need specialized care or additional support, discuss the possibility of a referral to a gynecologist or endometriosis specialist. Advocate for yourself to ensure you receive appropriate care.

7. Discuss Pain Management:

- If you are experiencing pain, discuss pain management strategies with your GP. Explore different options, including medications, lifestyle modifications, and complementary therapies.

8. Request Regular Follow-ups:

- Establish a plan for regular follow-up appointments to monitor your condition, treatment progress, and make adjustments as needed. Regular check-ins will help ensure ongoing support and care.

9. Understand Treatment Options:

- Familiarize yourself with different treatment options for endometriosis, including hormonal therapies, pain management strategies, and surgical interventions. Discuss the pros and cons of each option with your GP.

10. Advocate for Your Needs:

- Be assertive and advocate for the care and support you need. If you feel your concerns are not adequately addressed, respectfully express your needs and seek alternative solutions.

Important Facts:

- GP appointments are an important opportunity to discuss your endometriosis symptoms, concerns, and treatment options.
- Effective communication and preparation can help ensure you receive appropriate care and support.
- Your GP can play a key role in coordinating your overall endometriosis management and may refer you to specialists or recommend further investigations.

Remember, your GP is a valuable resource in your endometriosis journey. Effective communication, preparation, and advocacy will help you make the most of your GP appointments and receive the care and support you need.

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