

I worry my period is not normal.

Don't suffer in silence.

Please indicate if you experience any of these symptoms.

1. I experience painful periods –

Always Sometimes Rarely Never

2. I feel the onset of pain –

Before menstrual bleeding Second day of menstrual bleeding

First day of menstrual bleeding Later

3. My pain lasts longer than my bleeding –

Always Sometimes Rarely Never

4. I feel pain in my pelvic area, lower back, legs or other area(s) –

Always Sometimes Never

5. I feel pain during or after sex –

Yes No Not sexually active

6. My periods are heavy and I normally use __ sanitary pads/tampons daily –

0–3 4–5 >5

7. I experience spotting during my menstrual cycle –

Always Sometimes Rarely Never

8. I have faced/been facing difficulty falling pregnant –

Yes No

9. My pain severely impacts my emotions/mood –

Yes No

10. My periods make it difficult to do my work and/or enjoy my social life –

Yes No



The above are common symptoms of endometriosis, so if you've answered positively to a number of these questions, please talk to your doctor.

