



PREPARING FOR YOUR FIRST ENDOMETRIOSIS SPECIALIST APPOINTMENT

What to Expect, Questions, and More
CanSage, 2025

IT'S NORMAL TO FEEL NERVOUS!

It's common to feel anxious before your first endometriosis specialist visit, especially if you've waited a long time for answers. Knowing what to expect and preparing in advance makes the process easier and helps you feel more in control.

WHAT TO EXPECT DURING THE APPOINTMENT

Step 1: Taking Your Medical History

Your provider will ask about symptoms, menstrual cycles, pain, and overall health.

Step 2: Reviewing Your Records

The doctor will review any imaging, surgery notes, lab work, or past prescriptions.

Step 3: Examining Your Body

Your doctor may also perform an external exam, pelvic exam, or rectal exam.

Step 4: Talking About Your Treatment

You'll discuss any potential tests, medications, lifestyle changes, or surgery.

Step 5: Asking Questions

Time is set aside for your concerns and priorities. You can ask anything you want.

WHEN IS THE APPOINTMENT?

Specialists book patients as soon as a spot opens. You'll usually get a reminder by letter, phone, email, or text. Plan to arrive 15–20 minutes early so there's time to check in before your name is called.

If you need to reschedule, expect to be late, or can't attend, call the clinic as soon as possible.

Clinic Name: _____

Date and Time: _____

Telephone Number: _____





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WHAT TO ASK YOUR PROVIDER

Write down a few questions before the visit so nothing gets missed:

- What do you think is causing my symptoms?
- Do I need more tests, and if so, what will they tell us?
- What treatments do you recommend first?
- Does my [other diagnosis] affect my endometriosis?
- What medications are you prescribing? How do they work?
- When would surgery be considered?
- How can I manage my pain day-to-day?
- How could this affect fertility?
- What should I do if symptoms suddenly get worse?
- How often should I follow up?

- _____
- _____
- _____
- _____

CHECKLIST: WHAT TO BRING

- ☐ Medical records (imaging, surgery reports, lab results)
- ☐ Medication list (prescriptions, OTC, supplements)
- ☐ Symptom diary (bleeding, pain, cycles, bladder/bowel issues)
- ☐ Cycle tracking data (app, journal, or calendar)
- ☐ Info about other health conditions (e.g., history of clots)
- ☐ A list of questions to ask while you're there
- ☐ Pen and paper, or phone/recorder (ask before recording)
- ☐ A support person (optional)

TAKE CONTROL OF YOUR ENDOMETRIOSIS CARE

Your specialist and their team bring medical expertise. You bring your lived experience. Preparing ahead helps you work together and get the most from your care.

ADD YOUR OWN NOTES HERE
