

SPEAKENDO WITH YOUR GYNECOLOGIST

When it comes to pelvic pain, it's important to speak up about your symptoms and their impact. If you don't speak up, your gynecologist might assume you're not in pain.

Rate your pain symptoms on a scale of 0-10:

Circle the corresponding number (0 being no pain at all; 10 being the worst pain)

Painful periods: Your doctor may call this dysmenorrhea (DIS-men-uh-REE-uh).

0 1 2 3 4 5 6 7 8 9 10
No Pain Moderate Pain Worst Pain

Pelvic pain in between periods: Your doctor may call this non-menstrual pelvic pain.

0 1 2 3 4 5 6 7 8 9 10
No Pain Moderate Pain Worst Pain

Pain with sex: Your doctor may call this dyspareunia (DIS-puh-ROO-nee-uh).

0 1 2 3 4 5 6 7 8 9 10
No Pain Moderate Pain Worst Pain

This chart is intended as a guide and not an exact measure of pain. Concept by AbbVie based on the numeric pain rating scale by Bourdel. Adapted from Bourdel N., et al. Systematic review of endometriosis pain assessment: how to choose a scale? *Hum Reprod Update*. 2015;21(1):136-152.

Have you experienced any of the following?

(Check all that apply)

- Painful bowel movements or painful urination
- Bleeding or spotting between periods
- Heavy bleeding during your period
- Bloating
- Fatigue
- Feeling sick or faint, or vomiting during your period
- Difficulty participating in day-to-day activities because of excessive pain, exhaustion, or weakness
- Other: _____

Do you have any other conditions or concerns? Such as:

- Uterine fibroids (UF)
- Painful bladder syndrome (interstitial cystitis)
- Pelvic inflammatory disease (PID)
- Irritable bowel syndrome (IBS)
- Trouble getting pregnant (infertility)

Not sure where to start? Here are a few examples of how you might S.P.E.A.K. up to your doctor.

Remove this section and keep it handy as a reminder on how to S.P.E.A.K. up to your doctor.

S

Share your symptoms

P

Present your pain

E

Express your thoughts and feelings

A

Ask for your options

K

Know your next steps

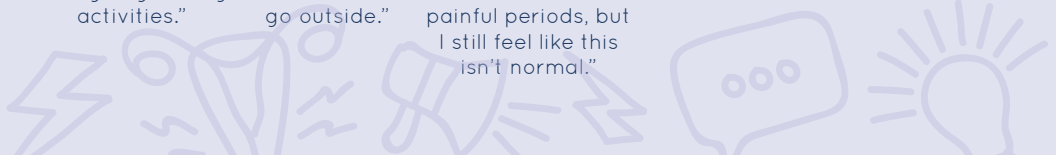
"My painful periods make it hard to do my day-to-day activities."

"When my pain is at a 9, I don't even want to go outside."

"My last doctor told me that a lot of women have painful periods, but I still feel like this isn't normal."

"Could I have endometriosis?"

"If you think it's endometriosis, is there a treatment?"



ANSWER THE QUESTIONS BELOW WITH AS MANY DETAILS AS POSSIBLE

There's no such thing as too much information in the doctor's office

How long have you been living with the pain? (eg, 3 months, since age 16, etc)

Has your pain gotten worse over time?

How does your pain affect your school or work?

How does your pain affect plans with family and friends?

What treatment(s) have you used or are you using to manage your pain?

Write down any additional conditions or concerns you may have:



Bring your results to your next gynecologist appointment to help discuss your pain and its impact.

Visit [SpeakENDO.com](https://www.speakendo.com) to learn more.

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WHAT'S NEXT:

- **Schedule** a specific appointment with your doctor to discuss your pain. When you call, make sure to bring up your symptoms and how they may affect your daily activities. Save the office's phone number, so you can call if you have any questions before or after your visit
- **Be prepared** to talk about your past/current medications, as well as family history. If you are going to see a new doctor, make sure to have all of your medical records sent over
- **Bring a notebook, pen, and results** to your appointment so you can jot down any important information your doctor shares with you, such as the date of your next appointment, next steps, or treatment options
- **Consider** talking to a family member before your appointment—or bring them with you (especially if they have similar symptoms). If they've been through something similar, they may be able to help you prepare for the conversation