

Diagnosis of endometriosis

Signs and symptoms

Consider endometriosis when the woman reports one or more of these symptoms

- Dysmenorrhoea
- Deep dyspareunia
- Dysuria
- Dyschezia
- Painful rectal bleeding
- Haematuria
- Shoulder tip pain
- Catamenial pneumothorax
- Cyclical cough/haemoptysis/chest pain
- Cyclical scar swelling and pain
- Fatigue
- Infertility

A symptom diary or app can be helpful in the history-taking process

Explore a diagnosis of endometriosis

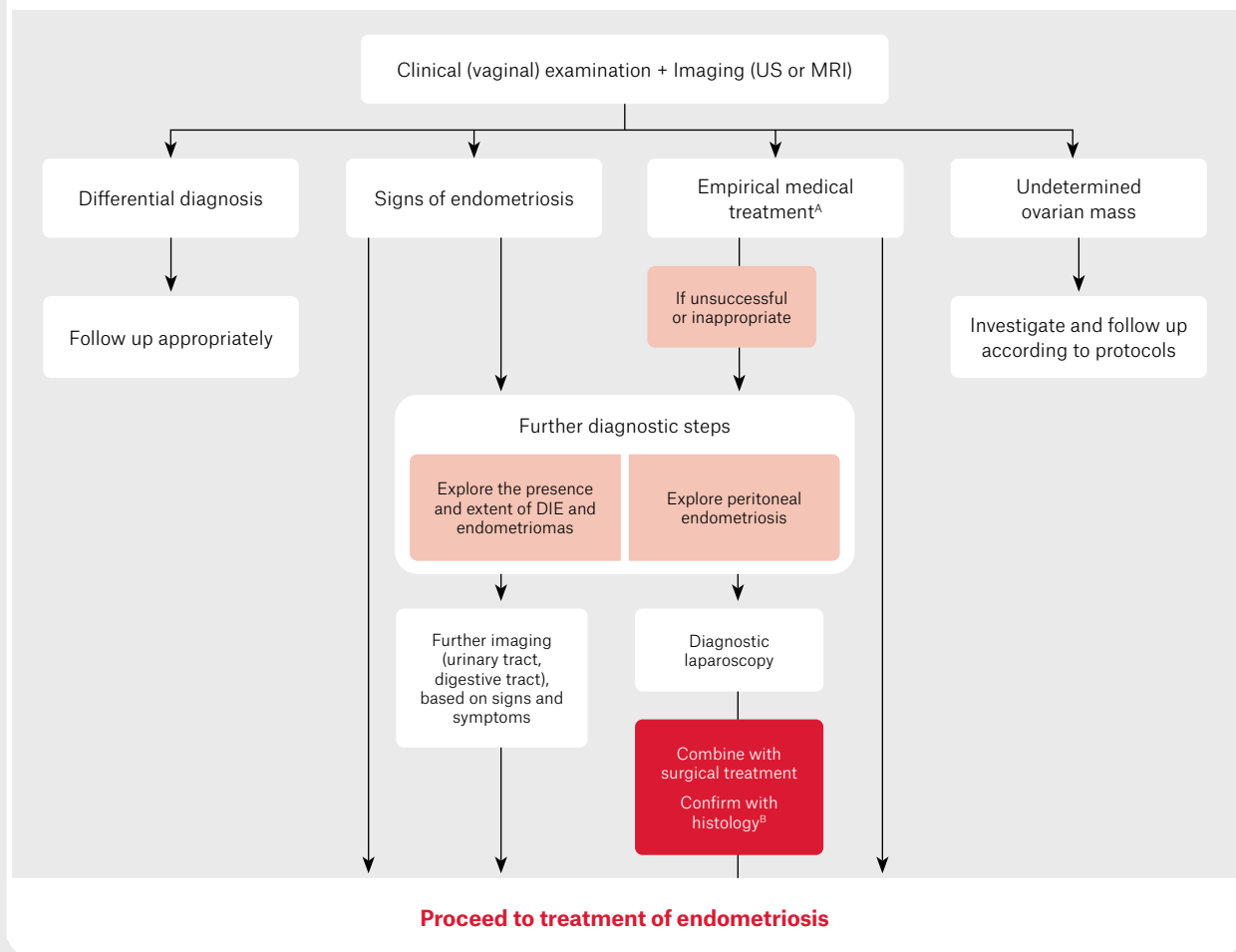


Figure 1. Diagnosis of endometriosis.

^AEmpirical treatment = Combined hormonal contraceptive or progestogens. ^BBe aware that negative histology does not rule out endometriosis. The Royal Australian College of Obstetricians and Gynaecologists (RANZCOG)⁶ guideline recommends magnetic resonance imaging (MRI) for the purpose of surgical planning when deep infiltrating endometriosis (DIE) of the bowel, ureter or bladder is suspected as per current Medicare Benefits Schedule criteria.

Adapted from the European Society of Human Reproduction and Embryology (ESHRE) endometriosis guideline with permission from ESHRE.⁷ US, ultrasound.