

Endometriosis Symptom Summary

Bladder/Urinary

- Persistent urinary frequency and urgency that worsens significantly during menstruation and pain flares
- Bladder spasms during periods, causing constant urge to urinate with minimal output
- Urinary hesitancy and incomplete emptying, especially during pelvic pain episodes
- Bladder discomfort/inflammation after urination, notably during menstrual cycles

Gastrointestinal

- Chronic alternating constipation and diarrhea, worsened by menstrual cycle and ovulation
- Painful bowel movements with deep rectal pain + pressure and sensation of incomplete evacuation
 - Baseline pain after bowel movements significantly worsens during period
- Pelvic, vaginal, rectal, and hip pain after bowel movements- feeling of heaviness and deep internal soreness
- Frequent bowel urgency with squeezing lower abdominal pain
- Severe bloating: very distended abdomen, accompanied by pain and worsening of GI symptoms
- Lower abdominal pain and severe bloating after eating, early satiety

Menstrual/Hormonal

- Extremely heavy periods (fills pad in 1-2 hours, large clots)
- Severe menstrual cramps unresponsive to OTC medications
- Ovulation pain with spotting, stabbing pelvic pain (often one sided)
- Rectal pressure during menstruation: feels like a mass inside the rectum or like a knife is perforating my rectum and my vagina
- Pelvic muscle tension during periods, worsening urinary hesitancy and bowel dysfunction

Chronic Pelvic & Neuropathic Pain

- Daily pelvic, vaginal, abdominal, hip, and lower back pain, increasing in frequency and severity
 - Menstrual pain feels like deep internal tearing sensations, like vagina is being impaled
- Pain worsens with sitting, walking, urination, and bowel movements
 - Walking during flares feels like I'm slowly being ripped in half
- Deep pelvic pain after exercise- sensation of organs being dragged down
- Shooting nerve pain (hip/buttock radiating to leg):
 - Feels like scalding acid is being injected directly into my nerves, or like fireworks are shooting down my body
 - Occurs randomly, but clusters during menstrual cycle
- Significant functional impairment: personal, academic, and social life are severely affected

Other Misc. Symptoms

- Persistent fatigue worsened during menstruation or severe pain

- Nausea and dry heaving during flares
- Pain with tampon use (severe enough to cause near-vomiting)
- Orthostatic symptoms
 - Dizziness, heart rate spikes (up to 180 bpm), near-syncope episodes. Symptoms aggravated during periods and pain flares.
- Poor appetite and early satiety

3/5/25- Worst recorded pain episode

Duration: 3/5/25, starting at 2 AM, lasted the entire day

Context: Happened on day 3 of my period, recently switched from nextstellis to aygestin

On the second day of my period, I had been having moderate level pain and nausea the whole day. I was dry heaving often but I found that my pain was still manageable with heating pads. At night I tried to go to sleep but I had difficulty sleeping because of nausea. Around 2-3 AM, the dry heaves got increasingly worse and I was gagging constantly without actually vomiting. The nausea kept building up and my period cramps worsened to the point of excruciating pain; my upper + lower abdomen, vagina, and legs felt like they were being squeezed and crushed repeatedly. It surged to the point I was crying, screaming and was unable to walk without assistance. This level of extreme pain made it impossible to sleep, so I stayed awake and was profoundly fatigued and dizzy. I got limited relief from pain and was unable to function for the entire day.

- Constant bladder spasms, had to urinate very frequently
- Sharp pain when bladder was even slightly full, no relief after urination
- Bowel movement pain was significantly worse than usual and caused me to cry out. Unable to release bowels completely due to constipation.
- Had 5 of the nerve-like, sudden radiating and shooting pains (sciatica?) during the duration of my period. This frequency is not usual for me.
- Fatigue was agonizing. Not at all like being sleepy or just “tired.” It felt like my brain was submerged in viscous rice water, like all of my bones were being dragged down. *Total impairment in functioning due to its intensity.*