



Period pain

Some cramping is normal. Pain that stops you living normally, or that is getting worse, can be a sign of a condition such as endometriosis or adenomyosis and is worth checking.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ Period pain stops me working, studying or sleeping
- ☐ Painkillers do not control my pain
- ☐ My pain has got worse over the years
- ☐ Pain starts days before my period or continues after it
- ☐ I have deep pain during or after sex
- ☐ Opening my bowels or passing urine hurts during my period
- ☐ I have heavy periods as well
- ☐ I have been trying to get pregnant without success
- ☐ I have lower tummy pain at other times of the month

GET HELP NOW IF

- Sudden, severe pain, especially on one side
- Pain with fever, or with fainting
- Pain with a positive pregnancy test or a missed period
- Pain with bleeding that soaks a pad in under an hour

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



PAIN DIARY

Date	Day of cycle	Pain 0 to 10	Where it hurts	What helped	Missed work or school?

BEFORE YOUR VISIT

- Note which painkillers you take, the dose and how often.
- Mark the days the pain starts and stops in relation to your period.
- Bring previous scan reports.
- Note any bowel or bladder symptoms.

QUESTIONS YOU MAY WANT TO ASK

- Could this be endometriosis or adenomyosis?
- Which tests or scans do I need?
- What treatment options are there besides painkillers?

