

Non-Hormonal Medical Management for Endometriosis



Non-hormonal medical management for endometriosis often focuses on pain relief. Some medications may also help reduce inflammation and improve your gastrointestinal symptoms, sleep, depression, and anxiety.

Non-steroidal anti-inflammatory drugs (NSAIDs)

NSAIDs are inexpensive, over-the-counter, non-addictive medication. They provide pain relief and reduce inflammation. Long-term use of NSAIDs can result in gastrointestinal bleeding. It is important to speak with a trusted healthcare provider to discuss proper use.

Pain Modifiers

Pain modifiers (e.g., antidepressants and anticonvulsants) may be prescribed at low dose to help reduce pain. Pain modifiers may also be prescribed to manage other endometriosis symptoms, including anxiety and depression.

Prescription Opioids

Prescription opioids are most effective for short-term or post-surgical pain relief. Prescription opioids are less effective for long-term pain management. Long-term use may lead to dependency, and increased risk of pain, depression, and anxiety.

Cannabis

Cannabis can help with symptom management including pain relief, gastrointestinal symptoms, and mood. Its effectiveness may be based on the method of ingestion and the amounts of THC and CBD consumed. More research is needed to understand how cannabis can be used for endometriosis.

To learn more about chronic pain, cannabis, and prescription opioids visit www.cewh.ca

To learn more visit
yourperiod.ca/endometriosis

