

# Preparing for a doctor's visit if you think you have endometriosis



To help your healthcare provider better understand your experiences, here are some things you can bring to your next appointment:

- Information about your menstrual cycle, including symptoms and age of first period
- Your health history including symptoms and past diagnoses, misdiagnoses, and pregnancy history
- A record of tests, surgeries, or treatments
- A list of current medications
- Your family history of endometriosis
- A notebook or support person who can help you take notes
- Names and contact information of other health and social service providers you work with (including your general practitioner, mental health practitioner, physiotherapist, etc.)



To learn more visit  
[yourperiod.ca/endometriosis](http://yourperiod.ca/endometriosis)

