

[NAME AND BDAY]

Medications

- List medications you take.

Allergies

- List your allergies.

Previous Surgery Notes:

- List any related procedures you've had and concerns. Sample below:
 - Procedure performed for sterilization and evaluation/treatment of endometriosis
 - Surgeon reported normal uterus, ovaries, and fallopian tubes
 - Three "powder burn" endometriosis lesions were fulgurated:
 - Two on the left uterosacral ligament (deep infiltrating)
 - One on the right anterior abdominal wall
 - No excision was performed - lesions were fulgurated only
 - No visible adhesions or deep lesions documented
 - **Concerns:**
 - It seems like only a brief pelvic survey was done; no mention of bowel, bladder, or deeper tissue evaluation
 - Surgeon/OBGYN did not complete a biopsy, said it wasn't needed
 - Surgeon/OBGYN did not specialize in endometriosis excision
 - I left the surgery feeling unsupported and with no long-term plan
 - Surgeon/OBGYN has not seen me or spoken to me since the surgery. She sends me to a nurse practitioner who does not seem to be experienced with this type of condition
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Key Ongoing Symptoms

- List all of your symptoms. Sample below:
 - **Bloating** - *Persistent; often daily and worsened during flares*
 - *I frequently look like I am pregnant and cannot fit comfortably into regular clothes*
 - *Driving with a seatbelt is very uncomfortable*
 - *I can't seem to find any correlation to certain foods although struggle with finding and implementing the right protocol to identify trigger foods*

- **Bladder symptoms** - Increased urgency, pressure, pain in abdomen when urinating.
 - It's hard to get a stream going and keep it going. Sometimes I just sit there and nothing comes out.
 - It hurts my abdomen when my bladder is full
 - PT notes "sticky" feeling when mobilizing bladder
- **Middle lower abdominal pain** - Ongoing; severe; affects daily comfort
 - Not sure if this is uterus, bladder, or both
- **Left-sided abdominal pain** - Constant before and after surgery; no improvement
 - Lately particularly bad when laying on left side
- **Right-sided abdominal pain** - Previously tied to large cyst; pain has improved but is still present
- **Pelvic floor tightness** - Identified in PT
 - Zings of pain all around the abdomen, random.
 - Fascial lumps all over lower belly
- **Back and leg pain** - Related to pelvic tension. Worsens near period but is **always present**.
- **Fatigue** - I am having trouble keeping up with my daily activities. Exercise is not reasonable for me to do regularly anymore.
- **Breast pain** - Cyclically worse post-surgery; likely hormonal
- **Irregular Cycles** - Cycles ranging from 34-45 days instead of 28
 - There doesn't seem to be a rhyme or reason to the length of cycle and the length/severity/timing of period-like symptoms.
 - I can't tell when I'm ovulating anymore as my symptoms are just kind of melting into every day
 - I am not certain if my flow is "normal" or not... first 2 days may fill 5-6 super tampons a day
- **Supersmell** - I can smell everything so intensely... more so around ovulation or 2 weeks before period
- **Nausea** - Frequent nausea, particularly near ovulation
- **Rectal and Vaginal pressure/pain**
- **Diaphragm tightness** - restriction in this area
- **Chronic constipation** my whole adult life, resolved with daily magnesium pills recently.

Top Concerns

- **List your concerns. Sample below:**

- Symptoms point to deeper endo or adhesions not addressed during initial surgery
- Bladder and pelvic floor issues growing worse- concerned about organ tethering

- No long-term plan or specialty support post-surgery
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Treatments Tried

- List any treatments you've tried. Sample below:
 - **Laparoscopic surgery** (Sept 2024)
 - **Pelvic floor physical therapy** (manual therapy, bladder mobilization, breathwork, stretches, exercises, emotional support)
 - **Anti-inflammatory** diet and supplements
 - **Muscle relaxers** help me sleep on bad days. I have been taking one every 2-3 days in recent months to try and live a normal life.
 - **Heating pad** on my abdomen and back helps.
 - **Compression** on abdomen- this just makes my whole belly feel red hot and itchy by the end of the day
 - **Nightly breathwork, stretching, self massage, etc**
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What I'm Hoping to Get From This Appointment

- What do you want from this doctor? Sample below:
 - Expert opinion on whether a second surgery with deep excision is warranted
 - Evaluation of possible adhesions or missed organ involvement
 - A collaborative plan from a provider experienced with complex endometriosis cases
 - Strategies or referrals that support care without long-term hormone use
 - I am not interested in synthetic hormones unless as a last resort or made as a part of a well thought out treatment plan after root cause treated (maybe)