

HOW TO NAVIGATE NO ENDOMETRIOSIS FOUND DURING SURGERY.

All the things to ask if Endometriosis was NOT found during your Laparoscopy.

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**THE FANNY DIARIES & A CLOSED
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Email -

SARAH@FANNYDIARIES.COM



*Sarah Victoria
xoxo*

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NO ENDO FOUND.

All my downloadable E- books and everything that I write on my website and blog are from a patient (myself) point of view, not a medical one and all views are my own.

I am not a medical professional, I can never, nor will I ever give medical advice.

This is created from someone who has been through the entire Endometriosis diagnosis and surgery journey and has recognised the lack of information and guidance out there. I have created all of these so people can be as informed as possible so they can make the best decision for THEIR health. This is not to be confused for medical advice, Please always consult with your doctor about any concerns that you have.

This e- book bundle is not to be confused for Medical Advice, I am not a medical professional and never claim to be, this is based on my own personal experience.

Please always consult with your doctor.



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NO ENDO FOUND.

If you woke from surgery, convinced that you had Endometriosis, and you were told no Endometriosis was found I am so sorry.

Being welcomed into the Endo club is not a fun ride but neither is feeling like you are back at square one with no explanation for your symptoms.

You will feel lonely, defeated and confused.

For now, concentrate on your surgery recovery. and please be kind to yourself, I know that it is far easier said than done, but please try and focus on your recovery and letting your body heal stress free.

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NO ENDO FOUND.

Sadly, this is a situation that occurs more often than people think. Some go on to see an Endometriosis specialist and receive a diagnosis of Endometriosis. Some people are diagnosed with Adenomyosis, some find out the cause of their symptoms which is something else and some give up. No matter what it is that is causing your symptoms you deserve answers.

Just because you have been told no Endometriosis has been found it doesn't necessarily rule it out. However, It could also be something else causing your symptoms which is why your follow up appointment is super important to gather all the information you need for moving forward.

This is your encouragement to not give up!



NO ENDO FOUND.

A Laparoscopy is the standard method to visually identify Endometriosis lesions however, Endometriosis is a very complex disease that is multiple different colours. Due to the different appearance in Endometriosis lesions, they are often confused for nonendometriotic lesions which leads to endometriosis being undiagnosed. Therefore, if the surgeon is not a true Endometriosis specialist and is not aware of the multiple different colours and deep infiltrating lesions of endometriosis (that are unable to be seen visually) endometriosis can be missed during a laparoscopy.



NO ENDO FOUND.

This extract explains it well...

"Endometriosis has a multiple appearance, and the lesions may be confused with other nonendometriotic lesions, as well as endometriotic lesions that are nonendometriotic by appearance or deep infiltrating ones that may be missed on visual diagnosis. It is also clear that a nonhistology-based diagnosis may lead to unnecessary, prolonged medical treatment and operations and may delay the proper treatment measures from being applied. Therefore, a meticulous histological confirmation should still be the first step in the laparoscopic diagnosis and treatment of suspected endometriosis."

Extract from - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3015470/>



NO ENDO FOUND.

"The disease may present at an early age and typically develops on the pelvic structures including the rectovaginal cul de sac, peritoneum, bladder, bowels, intestines, ovaries and fallopian tubes. However, endometriosis is also often diagnosed in areas outside the reproductive organs i.e., diaphragm and lungs, where it can induce Catamenial Pneumothorax. "Pelvic endometriosis" is traditionally defined as lesions of the tubes, ovaries and local peritoneum; "extrapelvic disease" is wide-ranging and refers to that found elsewhere – including the spleen, gastrointestinal tract, urinary tract, pulmonary system, extremities, skin, central nervous system and beyond."

extract from - <https://centerforendo.com/endometriosis-understanding-a-complex-disease>

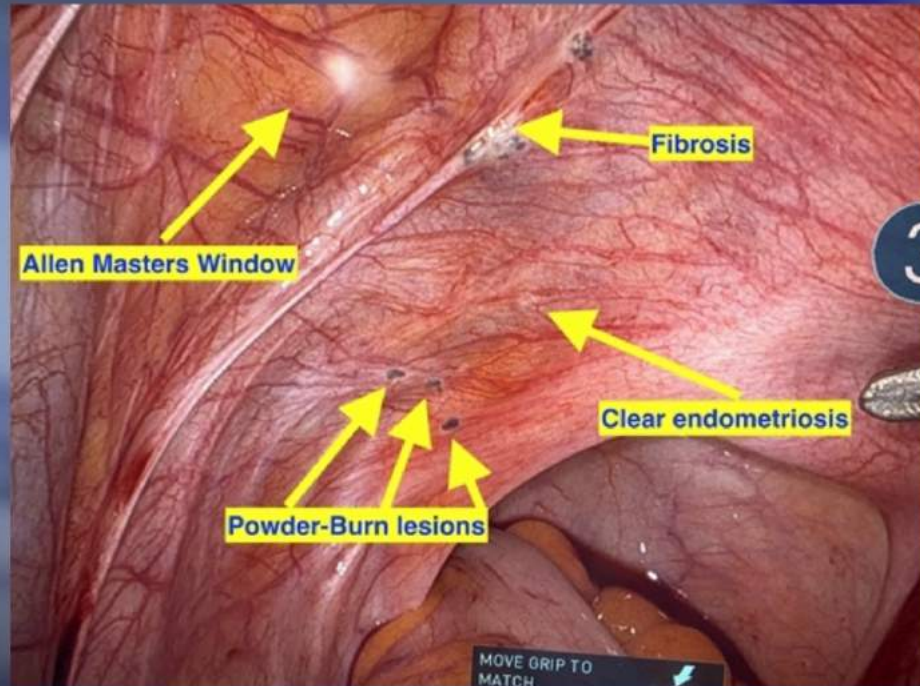
Basically, as endometriosis can develop on structures and organs outside the reproductive organs it is important to ask your surgeon if they checked elsewhere in the body for any endometriosis Lesions.

Trigger Warning - On the next page are surgical images of examples of Endometriosis lesions.



MISDIAGNOSIS IS POSSIBLE

HERE ARE SOME PICTURES FROM THE CENTER FOR ENDOMETRIOSIS SHOWING DIFFERENT LESIONS OF SUPERFICIAL ENDOMETRIOSIS.



Different lesions of superficial endometriosis depicted in this picture. It is important for the surgeon to be able to visualize different aspects of the disease in order to perform an optimal and complete excision of the disease.



IMAGE FROM CENTER FOR ENDOMETRIOSIS INSTAGRAM PAGE.



HERE I HAVE ZOOMED IN AND CIRCLED THE CLEAR ENDOMETRIOSIS WHICH ARE NEXT TO THE POWDER BURN LESIONS. TO THE NAKED EYE IT LOOKS LIKE NOTHING IS THERE. THIS IS WHY IT IS SO IMPORTANT TO HAVE YOUR SURGERY WITH AN ENDOMETRIOSIS SPECIALIST. UNLESS YOU ARE HAVING AN ENDOMETRIOSIS SPECIALIST PERFORM YOUR SURGERY CLEAR ENDOMETRIOSIS LESIONS CAN EASILY BE MISSED.



YOUR FOLLOW UP APPOINTMENT...

Can be intense, nerve-wracking and scary but you have got this my Fanny Queen!

I have put together this little document to help you get the best out of your follow up appointment.



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DON'T FORGET TO...

keep a note of any new symptoms that you are experiencing so you can ask your surgeon about. If you are really unsure and you feel like something is wrong/infected call your doctor ASAP! Do not delay seeking medical help.



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ASKING QUESTIONS CAN...

be daunting and advocating for yourself is challenging but you have to remember that this is **YOUR** health and health is priceless. You deserve to get the best out of your appointment and you deserve answers to questions for yourself. You can do it babes! I used to just sit and nod and never ask any questions now I ask loads.



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SO WHAT DO I DO NOW?

I know you will feel defeated and exhausted and you want to give up this exhausting battle but you deserve the answers to your symptoms, you deserve to find the root cause.

Everybody's case is very different but if you are not happy with the treatment you received, or feel that you do have Endometriosis it will be worth exploring a second/third/fourth opinion.

There is absolutely no shame in seeking multiple different opinions for your health.



SO WHAT DO I DO NOW?

A second opinion -

- **Collect all your surgery images/notes everything that was done and take them to an Endometriosis Specialist.**

You can ask your GP to refer you to an Endometriosis Specialist, or you could research one yourself based on reviews and where you live and ask for a referral to a specific one. It is also worth noting that some Endometriosis Specialist's are private and you would have to pay out of pocket for a consultation. I think I paid around 250 pounds for a consultation that I had to have privately in the Uk, they are not cheap!



SO WHAT DO I DO NOW?

How would I find a specialist?

Depending where you live and what country you are from depends on where you would find an Endometriosis Excision Specialist. I know this answer isn't the most helpful but It is a very difficult thing to reccomend without having every single surgeon vetted.

As a starting point -

There is a facebook group that recommends Endometriosis Specialists however, please still do your research as I am not sure what the vetting process is, if there even is one. Don't just take what someone says from a Facebook group. Please Always do your research, I can not stress that enough it is so important!

Facebook Groups -

EndoMetropolis - as far as I am aware this group is run by Endometriosis Specialist's or they have some involvement. - You could possibly post a description of your notes and see if they can offer any advice. Again, this is not a place to seek a diagnosis and no one is able to diagnose you over the internet. Please see a medical professional in person.

Nancy's nook Endometriosis Education. - This Facebook group has a list of Endometriosis Surgeons worldwide. However, Please do your research. I am not sure what vetting a surgeon goes through to be featured on this list and I do know in the past some people have had issues with surgeons so RESEARCH RESEARCH RESEARCH.

Just a reminder that an online group is not to be confused for Medical advice. You can not be diagnosed through a Facebook group. Make sure if you see an Endometriosis Specialist, they are a legitimate and reputable medical professional.

Never pay anyone online or through a group.
Always speak to your trusted medical professional.

Questions.

1. WHERE DID YOU CHECK FOR ENDOMETRIOSIS?
2. DID YOU CHECK ELSEWHERE IN THE BODY FOR ENDOMETRIOSIS/ ANY OTHER ORGANS?
3. IS IT POSSIBLE THAT ANY ENDOMETRIOSIS COULD HAVE BEEN MISSED/HIDDEN?
4. DID YOU SEE ANY SIGNS OF ADENOMYOSIS?
5. DID YOU FIND ANY ADHESIONS/ FIBROIDS OR POLYPS?
6. IF IT IS NOT ENDOMETRIOSIS IS THERE ANY SIGNS OF WHAT COULD BE CAUSING MY SYMPTOMS?
7. DID YOU TAKE ANY BIOPSY'S AND SEND THEM OFF FOR TESTING?
8. DID YOU CHECK THAT MY OVARIES ARE WORKING CORRECTLY AND EVERYTHING ELSE LOOKS OK?
9. DID YOU TAKE ANY PHOTOS/ VIDEOS OF MY SURGERY IF SO WOULD I BE ABLE TO PLEASE HAVE A COPY?
10. HOW WOULD I GAIN ACCESS TO ALL OF MY SURGERY NOTES/ GET A HARDCOPY OF THEM?
11. WHEN CAN I RETURN TO WORK/DAILY ACTIVITIES/EXERCISE/ SEX ETC.
12. WHAT HAPPENS NOW MOVING FORWARD?

Questions.

ENDOMETRIOSIS
LAPAROSCOPY SURGERY
FOLLOW UP APPOINTMENT
QUESTIONS

WHERE DID YOU CHECK FOR ENDOMETRIOSIS?

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DID YOU CHECK ELSEWHERE IN THE BODY/ ANY OTHER
ORGANS FOR ENDOMETRIOSIS?

.....

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IS IT POSSIBLE THAT ANY ENDOMETRIOSIS COULD HAVE
BEEN MISSED/HIDDEN?

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DID YOU SEE ANY SIGNS OF ADENOMYOSIS?

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Questions.

ENDOMETRIOSIS
LAPAROSCOPY SURGERY
FOLLOW UP APPOINTMENT
QUESTIONS

DID YOU FIND ANY ADHESIONS, FIBROIDS OR POLYPS?

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IF IT IS NOT ENDOMETRIOSIS IS THERE ANY SIGNS OF WHAT COULD BE CAUSING MY SYMPTOMS?

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DID YOU TAKE ANY BIOPSY'S AND SEND THEM FOR TESTING? IF SO WHAT ARE THE RESULTS?

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DID YOU CHECK THAT MY OVARIES ARE WORKING AND EVERYTHING ELSE LOOKS OK?

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DID YOU TAKE ANY PHOTOS/VIDEOS OF MY SURGERY IF SO PLEASE CAN I HAVE A COPY?

.....

Questions.

ENDOMETRIOSIS
LAPAROSCOPY SURGERY
FOLLOW UP APPOINTMENT
QUESTIONS

HOW WOULD I GET A COPY OF ALL MY SURGERY NOTES?

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WHEN CAN I RETURN TO NORMAL ACTIVITIES,
EXERCISE, WORK, SEX ETC.

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WHAT HAPPENS NOW MOVING FORWARD?

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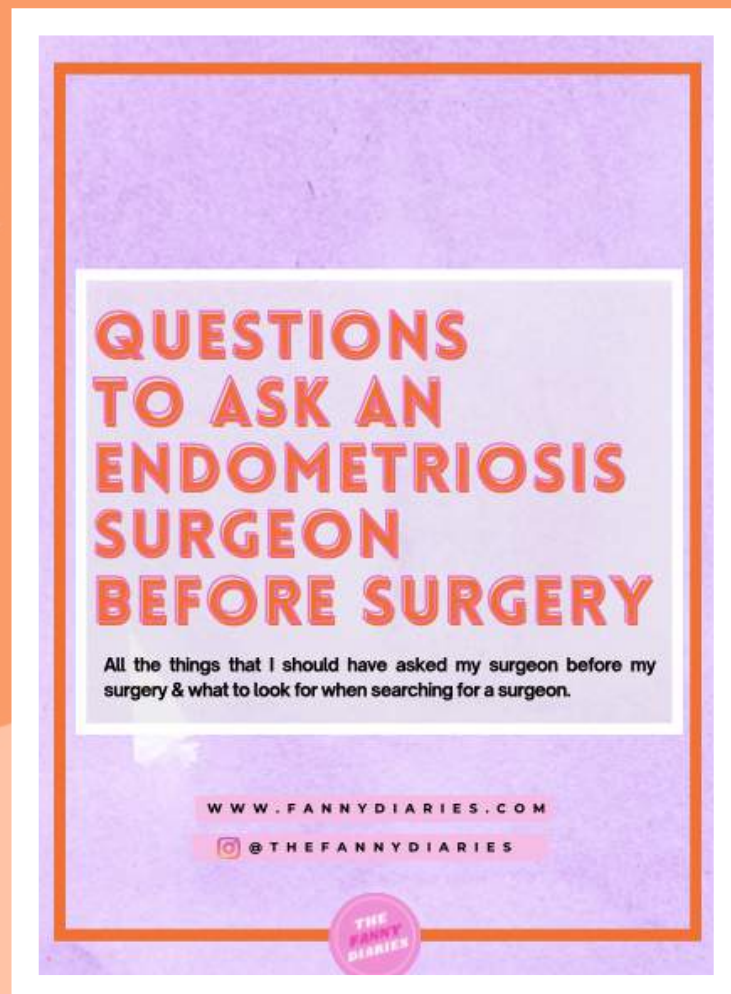
Questions.

ANY OF YOUR OWN QUESTIONS/ NOTES/
SYMPTOMS SINCE SURGERY.



PLEASE DOWNLOAD THE QUESTIONS TO ASK AN ENDO SURGEON, WHAT TO LOOK FOR & HOW TO FIND AN ENDO SURGEON FREE IN- DEPTH DOWNLOAD.

This explains why Endo Care in the UK is so shocking, and why it is so important to find a proper Endometriosis Excision Specialist.



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HELPFUL INFORMATION OUTLETS.

www.centerforendo.com - For information.

Youtube channel - Endometriosis Summit

Facebook groups - Nancy Nook (to search for surgeons) Please also do your own research as I am not sure of the vetting process.

If you are in the USA - ICarebetter.com Website- To search for specialist surgeons.

Where isn't the best information?

**Endometriosis UK Charity Website & Youtube.
Their information leaflets were last updated in 2010/2012 &
their youtube channel is full of misinformation webinars.**

SOURCES.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3113215/>

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