

# Symptoms of Endometriosis



# What are the most common symptoms?

**Endometriosis** (pronounced *en-do-mee-tree-oh-sis*) is a full-body, or 'systemic', disease where cells and tissue similar to the lining of the womb (uterus) grow in other parts of the body.

Endometriosis affects each person differently, with a wide range of symptoms that can vary in severity and presentation.

Symptoms of endometriosis are often cyclical, meaning they can become more intense around the menstrual cycle. However, endometriosis symptoms can also occur at any time of the month.

The most common and widely recognised symptoms of endometriosis include:

- Pelvic pain
- Painful periods that stop your normal activities (dysmenorrhea)
- Heavy periods (menorrhagia)
- Pain during or after sex (dyspareunia)
- Infertility or difficulties conceiving
- Extreme tiredness or lack of energy (fatigue)

## Other symptoms of endometriosis include:

- Pain before, during, or after a bowel movement
- Bleeding after a bowel movement
- Symptoms of irritable bowel syndrome (IBS), such as diarrhoea, constipation, and bloating
- Pain before, during, or after urination
- Pain on ovulation
- Bleeding between periods
- Lower back pain
- Leg pain
- Shoulder tip pain
- Chest pain or tightness
- Shortness of breath
- Coughing up blood
- Feeling sick (nausea)
- Headaches and migraines
- Allergy-like symptoms

Symptoms of endometriosis can also contribute to heightened stress, anxiety, and low mood.

It is important to remember that symptoms vary from person to person.

If you are experiencing symptoms that are unusual for you - such as chest pain or tightness, shortness of breath, or coughing up blood - please seek immediate medical attention or call emergency services.



# Tracking your symptoms

Endometriosis symptoms can overlap with other conditions and vary from person to person, so keeping a symptom diary can help track your symptoms over time.

Tracking the timing, severity, and nature of your symptoms can help provide a clearer picture for your GP or healthcare professional.

You might include:

- Dates of your menstrual cycle
- Type and location of pain
- Energy levels and fatigue
- Emotional wellbeing
- Other symptoms of endometriosis



# When to seek help

If you're experiencing pain that interferes with your everyday life, noticing unusual changes related to your menstrual cycle, or struggling with low mood or anxiety, it's important to talk to your GP as soon as possible.

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## We're here to support you



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## Legal & Accessibility Notes

This resource is for educational purposes and should not replace medical advice. If you're concerned about symptoms, please consult a healthcare professional.

Large print and accessible formats are available upon request — [just get in touch](#).

Endometriosis South Coast is a registered charity in England and Wales (1186203). Registered office: The Hive Hub, 22 Edinburgh Road, Portsmouth, PO1 1DH