

**Patient
Information**

Endometriosis and fertility

Introduction

You have been diagnosed with endometriosis. This leaflet gives you information about endometriosis and its treatment.

What is endometriosis?

Endometriosis is a common condition which affects some women during the years they are having periods. It can cause inflammation along the fallopian tubes and scarring of the pelvis.

What symptoms and effects does it have?

Endometriosis can cause painful periods and sometimes pain during intercourse. It is also linked with infertility.

How is endometriosis diagnosed?

Endometriosis is diagnosed through laparoscopy (keyhole surgery) or occasionally by an ultrasound of your ovaries.

The condition is rated as mild, moderate or severe. Your consultant will discuss the results with you.

Treatment

There are various medications available to treat endometriosis but the use of these medications, either before or after surgery, will not benefit someone wanting to conceive.

Keyhole surgical treatment is usually carried out in the following situations:

- At the time of diagnosis for mild to moderate endometriosis.
- If reduced fertility is a problem.
- If there is severe endometriosis.
- When endometriosis recurs.

Reference No.

GHPI0458_12_23

Department

Gynaecology

Review due

December 2026

**Patient
Information****Benefits**

There are increases in pregnancy rates after surgery which helps, on average, 1 in every 8 women.

Severe forms of endometriosis

Severe forms of endometriosis are treated by open surgery.

Leaflet 'GHPI0796 Laparoscopic (keyhole) surgery for endometriosis' is available to view in the section at the bottom of page: www.gloshospitals.nhs.uk/our-services/services-we-offer/gynaecology/

Does endometriosis return?

There is a small risk of endometriosis returning but the risk is much higher after a hysterectomy if the ovaries have not been removed.

Contact information

If you have any questions, please contact the fertility nurses via Mrs K Reddy's secretary on the number below. Alternatively, please contact your consultant's secretary.

Cotswold Fertility Unit

Tel: 0300 422 3128

Monday to Friday, 8:00am to 4:00pm

Website: www.cotswoldfertilityunit.co.uk

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84:379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>