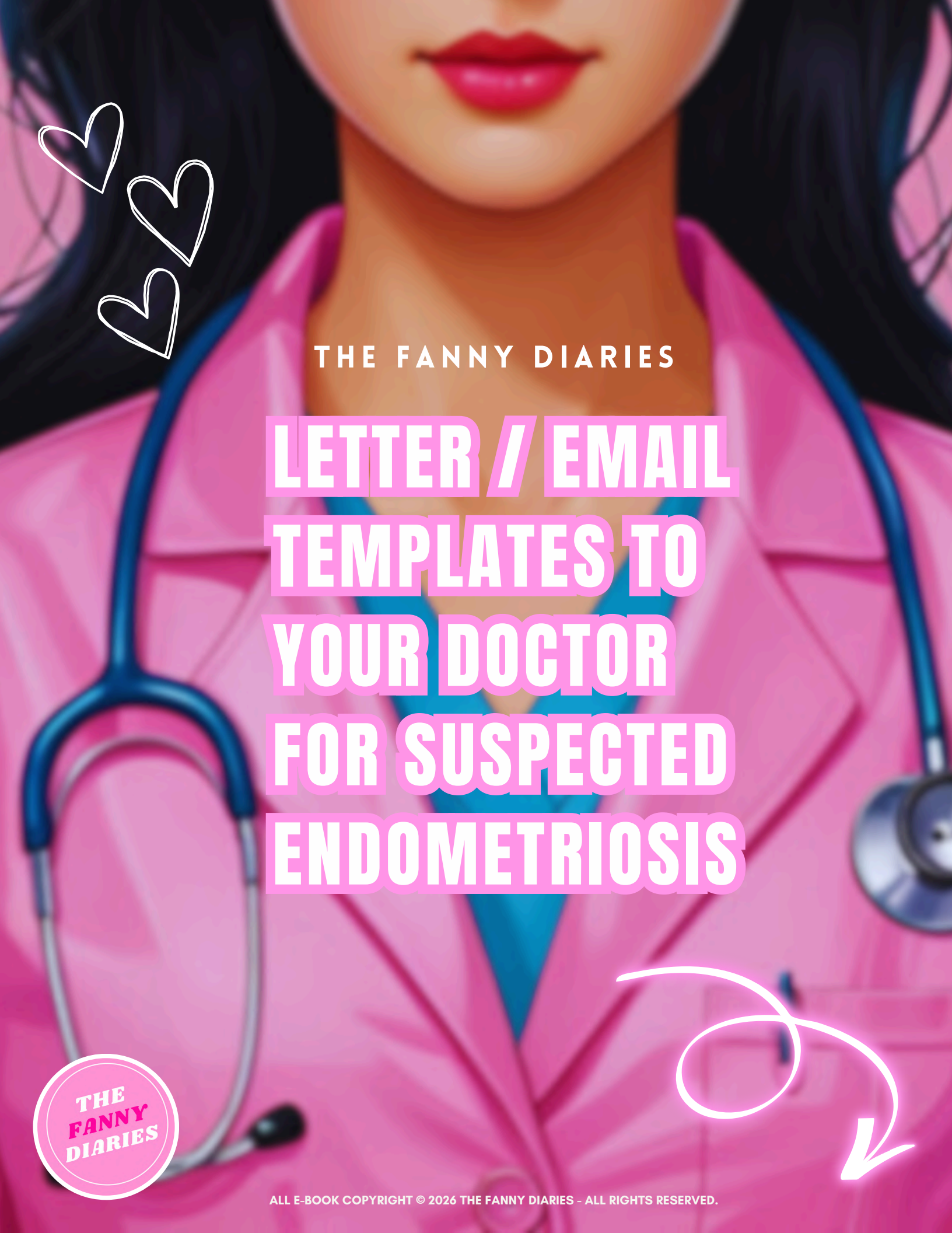




THE FANNY DIARIES

**LETTER / EMAIL
TEMPLATES TO
YOUR DOCTOR
FOR SUSPECTED
ENDOMETRIOSIS**





Copyright

ALL E-BOOK COPYRIGHT © 2025 & 2026 THE FANNY DIARIES - ALL RIGHTS RESERVED.

All rights reserved, this E-book or any portion thereof may not be reproduced, distributed or used in any manner whatsoever without the express written permission of the publisher .

This E-book is copyrighted and protected under copyright law.

First edition - 2024

WWW.FANNYDIARIES.COM



ALL E-BOOK COPYRIGHT © 2026 THE FANNY DIARIES - ALL RIGHTS RESERVED.



Welcome!



Hello Fanny Queens

I know firsthand how overwhelming it can be to advocate for yourself when you're living with Endometriosis, or living with unknown symptoms and trying desperately to seek help and guidance.

Many of us have faced the frustration of feeling dismissed or misunderstood, and I want to help change that.

I have created this collection of email and letter templates to help you try navigate those tricky conversations and ensure your voice is truly listened to. I'm hoping they can help you to clearly communicate your symptoms, concerns, and needs with your healthcare team. Whether you're asking for more testing, requesting a referral to a specialist, or simply trying to get your doctor to listen.

Every journey with this condition is unique, and there are so many different situations and needs that arise when managing Endometriosis so, I have tried to cover a wide variety of angles. These letter templates are designed to serve as a starting point for you, helping you confidently communicate with your doctor and advocate for your needs. These have been my most requested ones (over the past few years) and I will continue to add more templates as I go.

Let's take the stress out of these conversations and make self advocacy a little easier together (and a lot more powerful)!

I hope they help and I wish you all the best on your advocating journey, Don't give up & always, Fight For Your Fanny!

All my love,

Sarah x

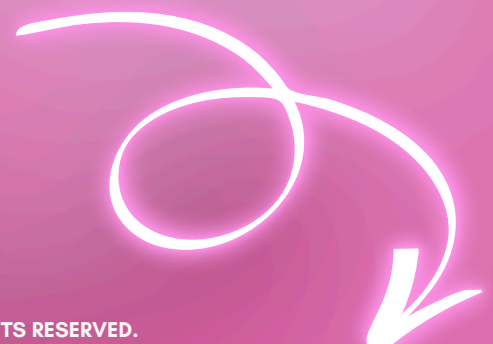


Contents



Page

- 6,7,8,9. TOP TIPS TO ADVOCATE FOR YOURSELF
- 10,11,12. TELLING YOUR DOCTOR YOU SUSPECT ENDOMETRIOSIS
- 13. ASKING YOUR DOCTOR TO REFER YOU TO A SPECIALIST
- 14. ASKING YOUR DOCTOR TO REFER YOU FOR AN ULTRASOUND
- 15. ASKING YOUR DOCTOR TO REFER YOU FOR AN MRI SCAN
- 16. TELLING YOUR DOCTOR THAT YOUR CURRENT MEDICATION IS NOT WORKING
- 17. TELLING YOUR DOCTOR YOU WOULD LIKE TO STOP YOUR BIRTH CONTROL
- 18. TELLING YOUR DOCTOR YOU STILL BELIEVE YOU HAVE ENDOMETRIOSIS DESPITE CLEAR TESTS
- 19. REQUESTING THE REMOVAL OF MIRENA COIL
- 20,21. TELLING YOUR DOCTOR YOU STILL BELIEVE YOU HAVE ENDOMETRIOSIS DESPITE NOTHING FOUND DURING SURGERY
- 22. THANK YOU
- 23. YOUTUBE
- 24. COME JOIN THE FANNY FAMILY



top tips to advocate

GO WITH A PLAN

Have an end goal in mind before you go for your appointment. For example, use the appointment to get a referral for an ultrasound or an MRI or to discuss medication or how your symptoms are affecting your daily life and what can be done about it.

GO PREPARED - PREPARE & DOCUMENT YOUR SYMPTOMS

Track your symptoms, their frequency, severity, and any triggers. Write down how they affect your daily life (work, social activities, sleep etc).

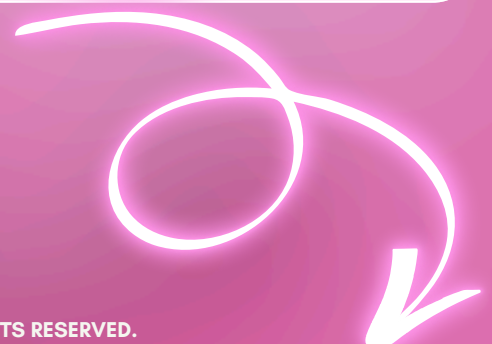
Note common patterns: Document how long symptoms last, what seems to help, and what makes them worse. This gives your doctor concrete information.

Take all these notes to your appointment with you - bring a written summary of your symptoms and concerns and make a note of any questions you would like to ask in advance.

Being prepared in advance will hopefully allow you to get the most out of your appointment.

TAKE SOMEONE WITH YOU (FOR SUPPORT)

Have a trusted friend or family member with you who can provide emotional support, help you stay focused and ensure the doctor listens to you. They can also take notes during the appointment which can be super helpful if the information gets overwhelming.



top tips to advocate

BE CLEAR AND SPECIFIC

Describe your symptoms clearly and accurately. Use detailed language. Instead of saying - "I feel bad 3 days a week" - say something like - "I have pain in my lower abdomen that lasts for several hours, accompanied by nausea and fatigue."

Explain the impact it is having on your daily life clearly to help your doctor understand how your symptoms are affecting your life. For example, "I have missed work 4 times in the past month because of how bad the pain is" or "I'm unable to perform daily tasks due to fatigue."

BE PERSISTENT AND FIRM BUT RESPECTFUL

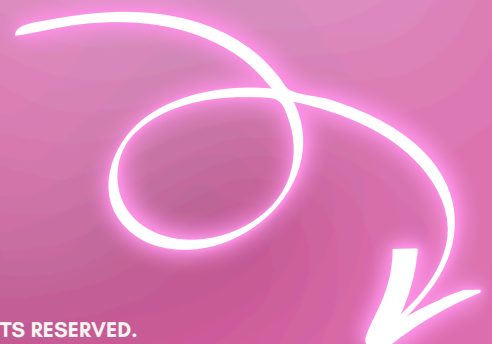
Don't back down! If your doctor dismisses your symptoms or offers generic explanations, respectfully ask for further investigation.

For example "I understand that, but my symptoms don't align with that and I believe there might be something else going on."

Ask for clarification. If your doctor seems unconvinced, ask why they believe your symptoms may be unrelated to Endometriosis. This can hopefully open the door for a more thorough conversation.

Request tests or referrals. Politely request specific tests (blood work, imaging etc) or ask to be referred to a specialist if needed.

For example, "Could we explore the possibility of an internal ultrasound?" or "Can you refer me to a specialist who can help diagnose this?"



top tips to advocate

STAY CALM

Take a deep breath. It can be super frustrating if you feel dismissed, but try to stay calm and composed.

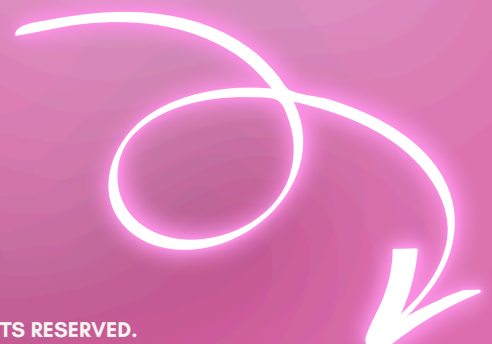
Don't apologise for speaking up or asking questions or voicing your concerns, there is nothing wrong with voicing your concerns about your health.

REQUEST A SECOND OPINION

If you're still not getting the care you need, it's perfectly ok to seek a second opinion. Different doctors may have different approaches to diagnosing and treating conditions or diagnosing your symptoms. You are not being difficult for seeking a second opinion.

USE " I "STATEMENTS

Communicate your experience using "I" statements: This approach focuses on your personal experience. For example, "I feel frustrated because I've been experiencing chronic pain for months and it's affecting my ability to work. I would like to understand what might be causing it."



top tips to advocate

REQUEST SPECIFIC NEXT STEPS

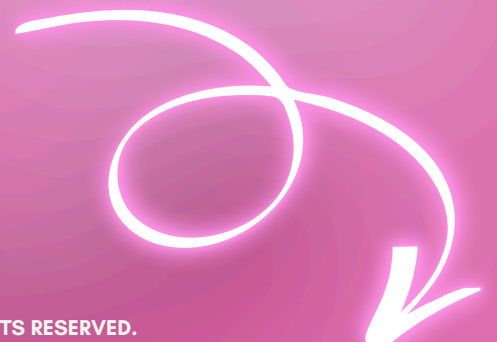
Set clear expectations. Ask your doctor for specific next steps. For example, "What will be the next step if my symptoms continue? What tests or treatments do you recommend?" or request your own test and treatments such as Ultrasound, MRI etc

FOLLOW UP

If tests are done or treatments are suggested, follow up regularly. If your symptoms persist or worsen, bring it up again. You have every right to seek ongoing care until you get answers.

TRUST YOUR GUT

If something doesn't feel right, trust your instinct. You know better than anyone. If you continue to feel unheard or dismissed, you may need to consider finding a different GP/ Doctor/ Healthcare Provider. It's essential that you feel supported and respected during your journey to find help for your symptoms.



TELLING YOUR DOCTOR YOU SUSPECT ENDOMETRIOSIS

Dear [GP's / Doctors Name],

I hope this letter/ email finds you well.

I am writing to discuss some ongoing health concerns that I am having.

For some time now, I have been experiencing symptoms that include [describe your symptoms, e.g severe pelvic pain, painful periods, discomfort during intercourse, fatigue, gastrointestinal issues, etc.]. These symptoms have been affecting my daily life and overall well-being.

Given the nature and persistence of these issues, I am concerned that I could possibly have Endometriosis. I understand that a diagnosis can take a long time and it isn't straightforward but I would greatly appreciate your guidance on the next steps to take and to please be referred to a specialist for further evaluation. Thank you for your attention to this matter. I look forward to discussing this with you in more detail during my next appointment.

Warm regards,

[Your Full Name]

[Your NHS number if applicable] / Contact Details



TELLING YOUR DOCTOR YOU SUSPECT ENDOMETRIOSIS

Dear (GP's / Doctors Name).

I hope this message finds you well. I am writing to express my concern regarding some symptoms I have been experiencing that I believe may be due to possible endometriosis. Over the past [duration of symptoms], I have noticed recurring pain, as well as other symptoms such as [briefly describe symptoms, e.g severe pelvic pain, painful intercourse, irregular periods, fatigue, gastrointestinal issues, etc.].

Given that these symptoms align with what I have researched regarding endometriosis, I would greatly appreciate it if we could discuss this possibility further. I am aware that endometriosis can be difficult to diagnose, but I am eager to explore potential diagnostic tests and referrals to specialists that may help clarify what is causing my symptoms.

I would be grateful if we could schedule an appointment to discuss my symptoms in more detail and determine the best course of action.

Thank you for your time and attention to this matter. I look forward to hearing from you soon.

Warm regards,

[Your Full Name]

[Your NHS number if applicable] / Contact Details





TELLING YOUR DOCTOR YOU SUSPECT ENDOMETRIOSIS

Dear (GP's / Doctors Name).

I hope this email/ letter finds you well.

I am writing to discuss my ongoing symptoms that I believe may be due to suspected endometriosis.

Over the past [duration], I have been experiencing symptoms such as [describe your symptoms, e.g chronic pelvic pain, painful periods, pain during intercourse, etc] These symptoms have been increasingly disruptive to my daily life, and I am concerned about the potential impact on my health.

Given the nature of these symptoms, I would like to explore the possibility of undergoing investigative tests to help determine whether I have endometriosis or if it could be something else.

I would appreciate your guidance on the next steps in this process and any recommendations you may have regarding the appropriate tests.

Thank you for your attention to my concerns, and I look forward to your support in addressing this matter.

Kind regards,

[Your Full Name]

[Your NHS number if applicable] / Contact Details



ASKING YOUR DOCTOR TO REFER YOU TO A SPECIALIST

Dear **[Doctor's Name]**,

I hope this email finds you well.

I am reaching out to discuss my ongoing health concerns related to my symptoms, which I believe could be due to possible endometriosis.

As we've discussed in previous appointments, I have been experiencing **[briefly describe your symptoms, e.g., chronic pelvic pain, painful periods, etc.]**. Given the persistence and severity of these issues, I would like to explore the possibility of being referred to a specialist who focuses solely on endometriosis. **(Insert specialist here if you have found one which you would like to be referred to)**

I believe that seeing a specialist could provide me with a more comprehensive evaluation and potential treatment options.

Thank you for your attention to this matter. I appreciate your support and guidance, and I look forward to hearing from you soon.

Best Wishes,

[Your Full Name]

[Your NHS number if applicable] / Contact Details



ASKING YOUR DOCTOR TO REFER YOU FOR AN ULTRASOUND

Dear [Doctor's Name],

I hope this email finds you well. I am writing to discuss my ongoing symptoms that I suspect may be related to endometriosis.

As we've previously discussed, I have been experiencing [briefly describe your symptoms, e.g., chronic pelvic pain, painful periods, etc.], which have been increasingly concerning. I believe that a transvaginal ultrasound could be beneficial to help provide more clarity as to what is causing my symptoms.

I would appreciate your guidance and support in referring me for this ultrasound. Thank you for your attention to my health concerns and I look forward to your response.

Best Wishes,

[Your Full Name]

[Your NHS number if applicable] / Contact Details



ASKING YOUR DOCTOR TO REFER YOU FOR AN MRI SCAN

Dear **[Doctor's Name]**,

I hope this email finds you well. I am writing to discuss my ongoing symptoms that I suspect may be related to endometriosis.

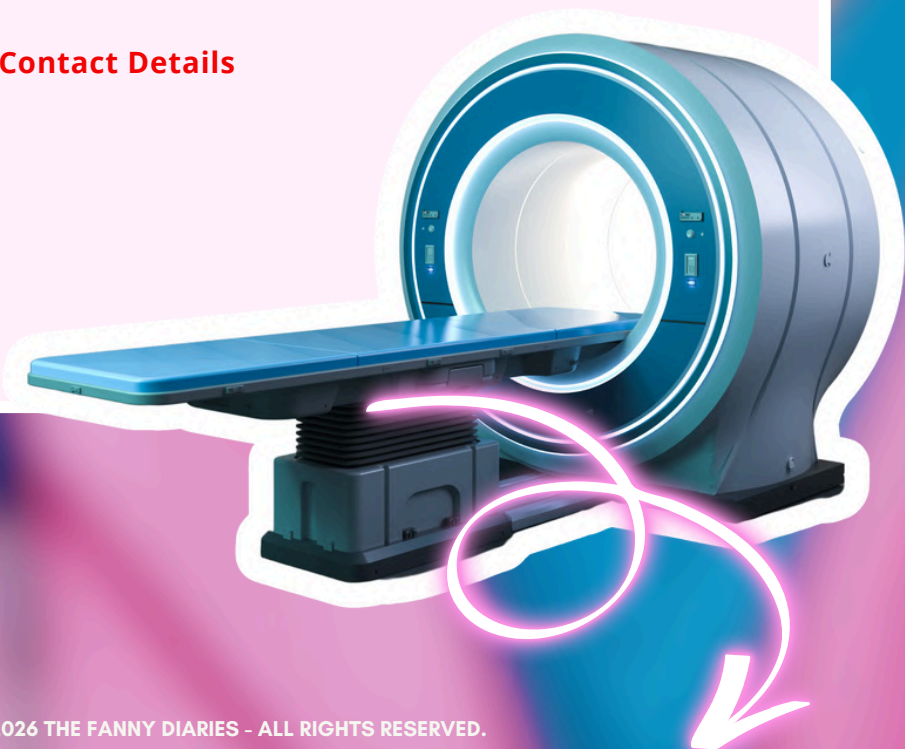
As we've previously discussed, I have been experiencing **[briefly describe your symptoms, e.g., chronic pelvic pain, painful periods, etc.]**, which have been increasingly concerning. I believe that an MRI could be beneficial in helping to provide more clarity as to what is causing my symptoms.

I would appreciate your guidance and support in referring me for this MRI. Thank you for your attention to my health concerns, and I look forward to your response.

Best Wishes,

[Your Full Name]

[Your NHS number if applicable] / Contact Details



TELLING YOUR DOCTOR THAT YOUR CURRENT MEDICATION IS NOT WORKING

Dear [Doctor's Name],

I wanted to reach out to discuss my current treatment plan for Endometriosis.

While I've been following the prescribed medication (insert medication here), I've noticed that it hasn't been as effective as I had hoped in managing my symptoms. I'm still experiencing [briefly mention symptoms that remain unchanged or are problematic such as pain, fatigue etc].

Given how challenging these ongoing symptoms are, I'd really appreciate the opportunity to explore other options. I'm open to discussing alternatives, and I'd love your guidance on what might work best moving forward.

Please let me know if we could schedule a time to talk about this, and if there's anything specific I should try or consider in the meantime.

Thank you so much for your support, and I look forward to hearing from you.

Warm regards,

[Your Name]

[Your Contact Information]



TELLING YOUR DOCTOR YOU WOULD LIKE TO STOP YOUR BIRTH CONTROL

Dear [Doctor's Name],

I hope this message finds you well.

I am writing to discuss my current birth control method. After careful consideration, I have decided that I no longer wish to continue taking [specific birth control method].

I believe it would be best for me to explore alternative options at this time. Or if you have not yet been diagnosed with Endometriosis you could say something like "I would prefer to address the underlying cause of my symptoms before resuming birth control or hormonal treatments, and I'd like to discuss potential options for doing so."

I would appreciate your guidance on how to proceed with this change and any recommendations you may have.

Thank you for your understanding, and I look forward to your response.

Best Wishes,

[Your Full Name]

[Your NHS number if applicable] / Contact Details



TELLING YOUR DOCTOR YOU STILL BELIEVE YOU HAVE ENDOMETRIOSIS DESPITE CLEAR TESTS

Dear [Doctor's Name],

I hope this message finds you well.

I wanted to follow up regarding my recent tests, which have come back clear. Despite these results, I continue to experience symptoms that lead me to believe I may possibly have endometriosis.

I'm feeling increasingly concerned about my health, as my symptoms including [briefly describe your symptoms, e.g., pelvic pain, painful periods, etc.] have not improved. I would appreciate the opportunity to discuss further options for evaluation and management, as I feel it's important to continue exploring this possibility.

Thank you for your attention to my concerns. I look forward to your guidance on the next steps.

Best Wishes,

[Your Full Name]

[Your NHS number if applicable/ Contact Details]





REQUEST THE REMOVAL OF MIRENA COIL

Dear **[Doctor's Name]**,

I hope you're doing well. I'm writing to request the removal of my Mirena Coil.

If you want to mention why but not always necessary - **Over time, I've experienced increasing (enter Symptoms here) which I feel may be related to the Mirena Coil.**

I've carefully considered my options, and I've decided that I no longer wish to continue with it.

I understand that there may be considerations about timing or alternatives, but I would appreciate it if we could arrange for the removal as soon as possible. I'm confident this is the right step for my well-being, and I would like to move forward without delay.

Please let me know the next steps for scheduling the procedure. I'd appreciate your support in making this happen without further waiting.

Thank you for understanding, and I look forward to hearing from you soon.

Warm regards,

[Your Name]

[Your Contact Information]



TELLING YOUR DOCTOR YOU STILL BELIEVE YOU HAVE ENDOMETRIOSIS DESPITE NOTHING FOUND DURING SURGERY

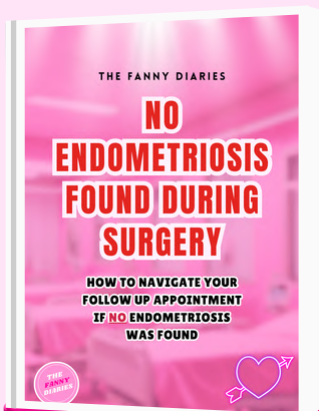
LETTER ON THE NEXT PAGE

It can be really tough to tell your doctor that you still believe you may have endometriosis, even after surgery showed “clear” findings.

However, this situation is more common than you might think, which is why I’ve included a generic letter which you can use as a starting point and you can personalise it with your own details.

There are also so many factors at play, like who performed your surgery (was it a general OBGYN or a specialist? Were they actually a specialist or just claimed to be?) whether biopsies or photos were taken, and if you had a follow-up appointment afterwards. No matter the circumstances, you absolutely deserve to be listened to, taken seriously and to have your symptoms fully investigated. Your health matters!

Check out the No Endometriosis found during surgery Free E-book for more information



THE
FANNY
DIARIES

TELLING YOUR DOCTOR YOU STILL BELIEVE YOU HAVE ENDOMETRIOSIS DESPITE NOTHING FOUND DURING SURGERY

Dear [Doctor's Name],

I hope this message finds you well. I am writing to discuss my recent surgery on/at **(Insert date and hospital here)**, which unfortunately did not provide conclusive results. Despite this, due to my ongoing symptoms, including [briefly describe your symptoms, e.g., pelvic pain, painful periods, etc.], I still strongly believe that I still may have endometriosis.

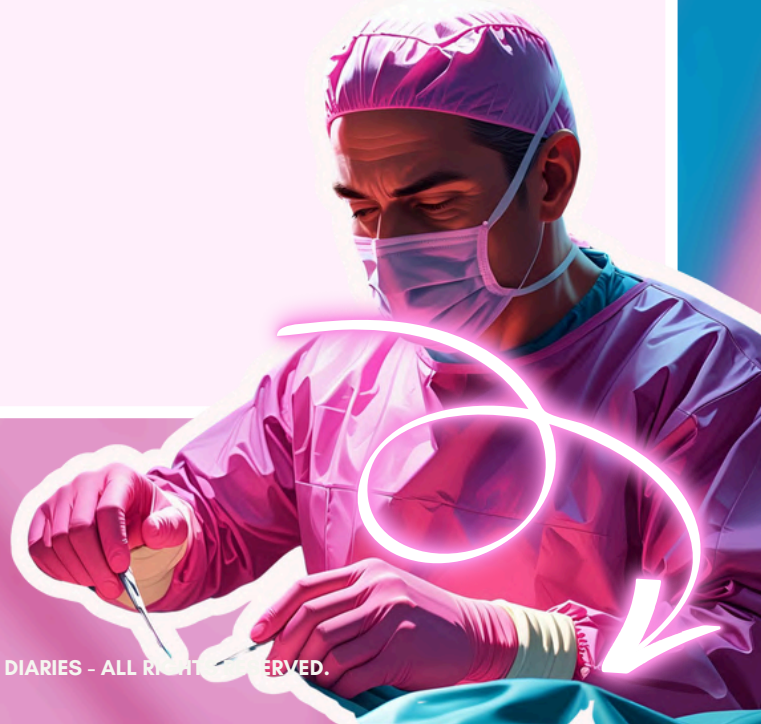
I feel it is important to continue exploring this possibility, as my symptoms significantly impact my quality of life. I would appreciate your guidance on the next steps we can take to further investigate, and if it could please be possible to have a referral to a specialist for a second opinion.

Thank you for your attention and support. I look forward to hearing from you.

Best Wishes,

[Your Full Name]

[Your NHS number if applicable]



Thank You



I know advocating for yourself can be a real challenge, but hang in there, you've got this! Everyone's journey is so different, so if you think of any situations that could be helpful, I'd love to hear from you and add them to this E-Book. And if you ever need anything please don't hesitate to reach out to me by email. Wishing you a day as wonderful as you are!

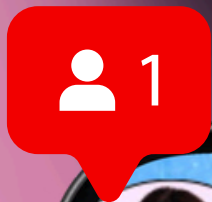
Sarah x

Stay Fabulous!



Endometriosis Youtube Channel





Come join The Fanny Family

SOCIAL MEDIA &
CONTACT LINKED



The Fanny Diaries

@THEFANNYDIARIES

**Endometriosis Advocating
Fanny Queen**



www.fannydiaries.com



sarah@fannydiaries.com



Instagram - @thefannydiaries



Youtube - The Fanny Diaries



Pinterest- The Fanny Diaries



Facebook - The Fanny Diaries





*Stay fabulous and
always Fight For Your
Fanny!*



Fanny Queen

