

ENDOMETRIOSIS – INSTRUCTIONS & EDUCATION

ENDOMETRIOSIS:

A condition where a woman has *ectopic* endometrial tissue, often referred to as "ectopic implants". The endometrium is the inner lining of the uterus that is shed when a woman has her period. In a normal, healthy state, the endometrium exists only within the uterus. See the [Education page](#) on my website and then take a look at the [Endometriosis page](#).

SYMPTOMS:

- pelvic pain- premenstrual and at other times in the cycle; 70% of women presenting with chronic pelvic pain will have endometriosis.
- infertility - 50% of women presenting with infertility will have endometriosis.
- menorrhagia: heavy menstrual bleeding
- dysmenorrhea: painful periods
- dyspareunia: pain with sexual intercourse
- nausea and/or vomiting premenstrually or during your period
- dyschezia: pain with bowel movements, especially premenstrually
- post-coital bleeding: spotting after sexual intercourse
- mid-cycle spotting: spotting around ovulation time
- urinary frequency: especially premenstrually

What relieves symptoms?

- Hormonal birth control (pill or IUD) will suppress your natural cycle and often mitigate or abate your symptoms.
- During pregnancy, the ectopic tissue undergoes regression and symptoms often lessen or disappear.

DIAGNOSIS:

- A *definitive diagnosis* of endometriosis can only be made by visualization of the ectopic tissue via [laparoscopy](#). However, sometimes an ultrasound can demonstrate an [endometrioma](#) or [adenomyosis](#).

MEDICATION:

- [NAC \(N-acetyl-cysteine\)](#): take 600 mg, 2 tabs in AM and 1 tab in PM (total 1800 mg daily) can help decrease endometriosis ectopic implants, promote healthy ovulation, and increase cervical mucus.
- [ibuprofen](#): take 600 mg (with food) at the first twinge of pain, then repeat 600 around the clock every 8 hrs if you still feel a twinge of pain. Max dose is 1800 mg daily. Do not use for more than 3 days in a row.
- [magnesium glycinate](#): take 300 mg. Take 2 tabs (600 mg) start 3 days prior to period and continue 600 mg every 8hours until cycle day 1 or 2.

EDUCATION:

prostaglandin and period pain:

- period pain is thought to be caused by prostaglandin build up. If you take ibuprofen at first twinge of pain, you will prevent the formation and the build-up of prostaglandin. If you wait until the pain is significant, prostaglandin has already built up in the tissues, and the ibuprofen will likely only take the edge off. The goal is to "prevent" the formation of prostaglandin.