

**Evita GyneCare Clinic**

evitagynecarehospital.com

## **Pelvic Pain Self-Check**

Self-awareness only (not a diagnosis). Decide if it's time to book a visit.

## Tick what applies:

### Pain pattern

- ☐ Period pain that stops me from normal activities.
- ☐ Pain starts before periods and/or continues after bleeding ends.
- ☐ Pain occurs between periods.
- ☐ Pain has lasted 3+ months.

### Where it hurts / triggers

- ☐ Pain during or after sex (deep pain).
- ☐ Pain with bowel movements, especially around periods.
- ☐ Bladder/urination pain around periods.
- ☐ Lower back/hip/groin pain that tracks with cycles.

### Whole-body impact

- ☐ Fatigue, poor sleep, or low mood linked to pain.
- ☐ I miss work/school or avoid plans because of pain.

## Quick notes (fill in):

Pain score (0-10): \_\_\_\_\_

Days/month affected: ☐0-1

☐2-4 ☐5-9 ☐10+

Cycle link: ☐yes ☐no ☐not sure

### Book a check-up if ANY apply:

- You ticked 2+ items, OR pain is  $\geq 7/10$ .
- Pain affects sleep, work, confidence, relationships, or intimacy.
- New pelvic pain after age 40, or pain with fertility concerns.

### Urgent care today if:

- Sudden severe pain, fainting, or persistent vomiting.
- Fever with pelvic pain, or foul-smelling discharge.
- Possible pregnancy + pain/bleeding (especially one-sided pain).

### Pain is not a personality trait. It's a medical signal.

Bring this page and say:  
"My pain affects my quality of life. I want a structured evaluation."

Important: Self-awareness only.  
This does not confirm a diagnosis.

## **Evita GyneCare Clinic**

### **Pelvic Pain Self-Check (visit prep)**

Bring this page to help your doctor plan the right evaluation.

#### **Bring / note these:**

- Dates of last 2–3 periods; where pain fits in the cycle.
- Your pain score (0–10) and what triggers/relieves it.
- Bowel/bladder symptoms (especially if period-linked).
- Pain with sex (deep vs at entry) and any dryness.
- Past history: surgeries, PID/STI, fibroids, endometriosis, IBS, UTIs.
- Current medicines and what you've tried for pain.

#### **What your clinician may do:**

- History and examination (only with consent).
- Pregnancy test if relevant; urine tests if urinary symptoms.
- Ultrasound based on symptoms; other tests as needed.
- Discuss causes and a stepwise care plan.

**You deserve clarity - and you deserve respectful care.**

To book: [evitagynecarehospital.com](https://evitagynecarehospital.com)