

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.

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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