

CURRENT FLARE-UP: INFO PREP FORM

A quick one-page summary to share with your endometriosis care team.

Patient name

Date

Best phone

Date/time flare began

CURRENT FLARE SNAPSHOT

Where are your symptoms?

What are you feeling? (pain, bleeding, nausea, bowel/bladder symptoms, fatigue, etc.)

Pain now (0-10)

Worst pain (0-10)

Temperature

PLEASE PREPARE THE FOLLOWING INFORMATION

1. Current medications AND supplements

2. Medication allergies and reactions

3. Recent procedures or surgery (include date)

4. Name of your surgeon or specialist

Phone

5. What medications or treatments have you taken for this flare?

Last dose taken and time

TELL THE CARE TEAM PROMPTLY IF ANY APPLY NOW

Fainting / passing out

New confusion

Persistent vomiting

Blood in vomit or stool

Unbearable pain

Rigid / hard abdomen

Severe chest pain

Trouble breathing

Fever with worsening pelvic pain

Sudden or different severe pain

Uncontrolled heavy bleeding

For severe, rapidly worsening, or life-threatening symptoms, call 911 or seek emergency care.