

# Your Red Flag Record<sup>1,2</sup>

This awareness campaign is initiated and funded by Gedeon Richter and is intended for members of the public in the UK.

Well done you for listening to your body and thinking 'something's not right here'. It may or may not be endometriosis. But either way, this diary is your first step towards taking charge of your health. Record your symptoms every day for at least a week, then take this with you when you see your doctor.

Week commencing	M	T	W	T	F	S	S
Are you in pain? If so, where is it? For example: your lower tummy or back? Somewhere else?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
How bad is your pain? <b>On a scale of 1-10</b> 1 = Not bad at all. A tiny twinge that doesn't bother me. 10 = So bad I'm in agony and not able to get on with my day.							
Are you on your period?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
How heavy is your flow? <b>On a scale of 1-10</b> 1 = As light as a feather. 10 = A tsunami. I can't keep on top of it. (Make a note of how often you're changing tampons /sanitary towels/cups and if you're leaking)							
Have you taken pain relief?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Have your symptoms stopped you from getting on with your day? Were you able to go to work/go out in the evening/ enjoy your time with the family?	Y N	Y N	Y N	Y N	Y N	Y N	Y N

## Any other symptoms?

Things like... painful sex or it hurts when you go to the loo. Describe the pain – is it burning, stabbing, aching, or something else? How are your energy levels and your mood? Have you noticed any blood in the loo? Was it in your wee or poo?

M	
T	
W	
T	
F	
S	
S	



## The Red Flag Campaign

is brought to you by Gedeon Richter

We're on a mission to raise awareness of endometriosis – and make life better for people with a cervix.

**Find out more at [IsItEndo.co.uk](https://www.isitendo.co.uk)**

 GEDEON RICHTER

## References

1. Endometriosis UK. Pain and Symptom Diary. Available from: [https://www.endometriosis-uk.org/sites/default/files/2022-08/pain-symptoms-diary\\_0.pdf](https://www.endometriosis-uk.org/sites/default/files/2022-08/pain-symptoms-diary_0.pdf) [Accessed Feb 2024].
2. National Institute for Health and Care Excellence. 2017. Endometriosis: Diagnosis and Management. [NICE Guideline No.73]. Available from: <https://www.nice.org.uk/guidance/ng73/chapter/recommendations#endometriosis-symptoms-and-signs>. [Accessed Feb 2024]