

ANSWER THE QUESTIONS BELOW WITH AS MANY DETAILS AS POSSIBLE

There's no such thing as too much information in the doctor's office

How long have you been living with the pain? (eg, 3 months, since age 16, etc)

Has your pain gotten worse over time?

How does your pain affect your school or work?

How does your pain affect plans with family and friends?

What treatment(s) have you used or are you using to manage your pain?

Write down any additional conditions or concerns you may have:



Bring your results to your next gynecologist appointment to help discuss your pain and its impact.

Visit [SpeakENDO.com](https://www.speakendo.com) to learn more.

©2018 AbbVie Inc. North Chicago, IL 60064 206-1938131 January 2018

WHAT'S NEXT:

- **Schedule** a specific appointment with your doctor to discuss your pain. When you call, make sure to bring up your symptoms and how they may affect your daily activities. Save the office's phone number, so you can call if you have any questions before or after your visit
- **Be prepared** to talk about your past/current medications, as well as family history. If you are going to see a new doctor, make sure to have all of your medical records sent over
- **Bring a notebook, pen, and results** to your appointment so you can jot down any important information your doctor shares with you, such as the date of your next appointment, next steps, or treatment options
- **Consider** talking to a family member before your appointment—or bring them with you (especially if they have similar symptoms). If they've been through something similar, they may be able to help you prepare for the conversation