

Patient information factsheet

Support for endometriosis

If you have been diagnosed with endometriosis, you may understandably have some questions or concerns. We have written this factsheet to explain the different kinds of support available to you, so that you can take control of your endometriosis.

What is endometriosis?

Endometriosis is a condition where tissue, similar to the lining of the womb (endometrium), starts to grow in other places in the body, such as the ovaries, fallopian tubes, and ligaments behind the womb and bowel. This tissue can cause inflammation, pain and the formation of scar tissue.

One in ten women are affected by endometriosis during their reproductive years. It is a long-term condition that can have a significant impact on your body, emotional health and lifestyle.

Sources of support

Endometriosis nurse specialist

The Princess Anne Hospital is a British Society of Gynaecological Endoscopy (BSGE) accredited endometriosis centre.

If you have any questions or concerns, or need further support, our endometriosis nurse specialist will be happy to help. You can speak to them at one of our monthly support group sessions (details below) or send them an email.

Email: EndometriosisPAH@uhs.nhs.uk

Support groups

Our endometriosis specialist nurse, endometriosis link nurse and a local volunteer run a monthly support group at the Princess Anne Hospital. The sessions are an opportunity to meet others with endometriosis and to learn more about how to manage your symptoms. To find out more about the group, please email: SouthamptonGroup@endometriosis-uk.org

Southampton Endometriosis UK is a Facebook support group where you can share your experiences with other women with endometriosis. Simply search for 'Southampton Endometriosis UK support group' on Facebook.

Alternatively, if you cannot attend these support group sessions, Endometriosis UK organise online support groups that can be accessed via their website.

Endometriosis UK

Website: www.endometriosis-uk.org

Telephone: **0808 808 2227** (helpline)

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The helpline is operated by trained volunteers who have personal experience of endometriosis. They are not able to give medical advice but they can talk through your issues with you, help you consider options to overcome them, or just provide a friendly listening ear. The days and times of the helpline opening hours are varied. Before you call, please check the website to confirm that the helpline is running.

HealthUnlocked

Website: www.healthunlocked.com/endometriosis-uk

This is a forum where you can speak with other women with endometriosis and give each other support.

After your laparoscopy (keyhole surgery)

- When you leave hospital, you may find it useful to have a cushion or a rolled up dressing gown with you to hold in front of your abdomen during your journey home. This will help to reduce any pain around your wounds when you put your seat belt on.
- During a laparoscopy, your abdomen is filled with carbon dioxide gas to help insert the laparoscope. After your operation, this excess gas can cause some discomfort. You may find it more comfortable to sleep in a raised position with more pillows than usual.
- You may also find that peppermint water, oil or tea help to ease these symptoms.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688**.

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalneeds