



Hormonal treatments with COCP and POP

The aim of hormonal treatments is to limit the production of oestrogen (a female hormone released by the ovaries) in your body.

There are 2 types of the “pill” that we commonly use: Combined Oral Contraceptive Pill (COCP), which contains a synthetic oestrogen and progesterone, and a Progestogen-Only Pill (POP), which contains synthetic progesterone only.

COCP

How does it work?

The COCP works by preventing ovulation and also stops the lining of the womb becoming thick so that there is less blood loss when you have a period.

It may help to reduce pain, as the muscles of the womb do not have to contract as much when you have a bleed.

How is it taken?

Each pack contains 21 tablets. One tablet is taken daily, followed by a break of 7 pill-free days where you will have a withdrawal bleed, which should be much lighter and less painful.

It is possible to run several packs of the COCP together to avoid having a bleed at all. Your doctor or nurse will be able to advise you on this.

POP

How does it work?

Cerazette, a POP, contains desogestrel, which is similar to the progesterone in your body. It is sometimes known as the “mini pill”.

It also works by preventing ovulation and stopping the lining of the womb from becoming thick.

How is it taken?

Cerazette contains 28 tablets. One tablet should be taken at the same time every day, and definitely within 12 hours. This is especially important if you are also using it as a contraceptive. When your pack is finished you should start on the next pack without a break.



THE UNIVERSITY
of EDINBURGH

Improving lifelong well-being



Laparoscopy

A laparoscopy is performed under general anaesthetic and usually takes less than half an hour, but sometimes takes longer. A small cut is made under your navel (belly button). Carbon dioxide gas is introduced and inflates the abdomen and makes it easier to see what is happening through the camera. A small telescope is passed through the little cut. The telescope is connected to a video camera and a television so that the inside of the abdomen and particularly the uterus, fallopian tubes and ovaries can be seen on screen. One or two further small cuts are made just above the pubic bone to allow narrow instruments to be inserted to allow the surgeon to carefully look at the tubes and ovaries or to perform surgery.

It is important that you avoid the risk of pregnancy, either by avoiding intercourse, or by using barrier contraception prior to the laparoscopy.

Expected Length of Stay

Providing your surgery is uncomplicated you will be able to return home later that day or the following morning. Laparoscopy is usually done on an outpatient basis, although an overnight stay may be required if the surgery is complex or lengthy.

If a bowel resection or partial bowel resection is performed, your hospital stay may be extended by several days.

It is a good idea to be mentally prepared to spend at least one night.

After Your Operation

- You will wake up in the Recovery Room and be taken back to the ward on your trolley
- You may have an oxygen mask until you are more awake
- You may have an intravenous drip in your arm until you are able to drink enough fluids
- You can eat and drink as soon as you feel able
- You can also get up and move around the ward as soon as you feel comfortable

You may experience some discomfort both in your abdomen and shoulders (because gas is used during the procedure, this creates pressure on a nerve which is also connected to the shoulder area). In some situations, this can last up to a week, although it normally settles more quickly. You will be given pain relief as required in hospital and will be given some painkillers to take home with you. Please follow the instructions.

If you feel sick after your anaesthetic, medication can be given to counteract this.

You may experience some vaginal bleeding. This should not be heavy and should only last a couple of days. You should use sanitary towels rather than tampons whilst this bleeding lasts to reduce the risk of infection.

Your wounds should be kept covered for 24 hours. You will be given instructions regarding your stitches; these are dissolving but if instructed, can be removed by your practice nurse after 3-5 days. If you notice your wounds becoming red, swollen, tender, bleeding or discharging you should consult your GP.

The effects of the anaesthetic drugs can remain in the body for up to 24 hours, and it is a good idea to have someone available to help you for at least 24 hours after having a general anaesthetic. You should not have a bath/shower the same day as your operation. You should not drive a vehicle or ride a bike or operate machinery including kitchen equipment. You should not drink alcohol. You should try to rest for a few days after your operation. You could feel tired and will probably ache for 48 hours, so are advised not to return to work until you feel well enough (this could take up to a week). You can resume any other activity once you feel ready.

The Risks of Surgery

As with any operation, this procedure has a small risk of complications. Although rare, the most common complications are:

- Haemorrhage (bleeding) – difficulty in controlling blood vessels during or after the operation
- Damage to the bowel or the ureters (these are the tubes coming from the kidneys to the bladder)
- Very rarely it may be necessary, due to unforeseen complications during the operation, to perform open surgery laparotomy
- Occasionally the operation is not able to be completed successfully due to technical or physical difficulties

Direct line contact telephone numbers

Day Surgery Unit:

Mon – Thurs 8am – 8pm, Friday 8am – 5pm
0131 242 3166

Ward 210 Inpatient Gynaecology Department:

0131 242 2101



Endo Warriors West Lothian
Independent Support and Awareness Group

The E Word

We ask all our endo warriors to keeping a record / diary / journal of your pain and symptoms, we ask because it is a valuable tool to not only help you by validating the reoccurring nature of your symptoms, but importantly your doctor or consultant to help identify your symptoms, and in turn help you to getting a diagnosis.

Financial Impact: Example - when claiming for benefits, for work or for school/university.

This first part of this form is a list of simple questions.

Over the page is a diary for 4 weeks

Please copy this diary if you need to record your symptoms for longer, we recommended a 3-month journal to show cyclic nature

Please answer as honestly as you can – your answers will be invaluable for your doctor and you

Please do not just answer ‘yes’ or ‘no’ but do and provide as much information as you can. You would be surprised how relevant it is



Endo Warriors West Lothian
Independent Support and Awareness Group

Endometriosis is as common as diabetes; however, it can take up to 8 years to diagnose and it has a profound effect on the body. This condition affects a staggering 1.5 million across the UK, affects 10% of women and those assigned female at birth. Yet, 74% of men do not know what endometriosis is, nor do 62% of young women

54% of the population do not know what endometriosis this is includes, doctors, nurses, and teachers.

- As Endo women ourselves we appreciate the importance of early diagnosis , support, compassion and understanding, we recognised the lack of support and general awareness of Endometriosis in Scotland, therefore Endo Warriors was created in 2017, We are an independent grass roots, support, awareness & action group



Endo Warriors West Lothian
Independent Support and Awareness Group

	<u>General questions</u>	Your answers
A	Date of last period	
B	What age were you when you started your periods?	
C	Are your periods regular e.g. every month? Y/N If not, how regular are they?	
D	How long does your typical period last?	
E	Would you describe it as light, medium, heavy or very heavy	
F	Do you bleed between periods?	

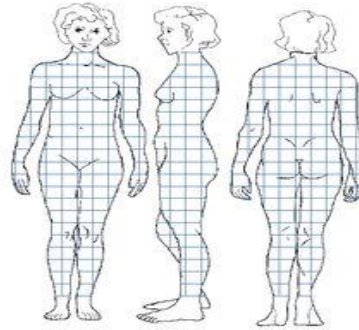


Endo Warriors West Lothian
Independent Support and Awareness Group

	<u>Pain & Discomfort</u>	Your answers
A	Do you get pain during your period?	
B	Do you get pain at other times of the month? Y/N If so when?	
C	Where do you get this pain? Can you mark on the diagram overleaf exactly where you experience pain? Please do include back leg and chest pain if applicable	
D	Do you get pain during or after intercourse?	
E	Does anything (walking, exercise, stress etc) make this pain worse?	
F	<i>How would you describe the pain? (Please tick all that apply)</i>	
1.	Spasm	
2.	Burning	
3.	Dull & Aching	
4.	Sharp	
5.	Tooth ache like	



Endo Warriors West Lothian
Independent Support and Awareness Group



	Symptoms	Your answers
A	Do you have pain or bleed when you have a bowel movement? Y/N If so, is this worse during your period?	
B	Do you have pain or bleed when you urinate? Y/N If so, is this worse during your period?	
C	Do you feel bloated? Y/N If so, is this worse during your period?	
D	Are you physically tired? Y/N If so, do you get more tired during your period?	
E	Do you feel sick, vomit or faint during your period?	



Endo Warriors West Lothian
Independent Support and Awareness Group

Week beginning DD / MM / YY	Are you on your period?	Describe your pain* and where it is	How does it feel** and how long does it last? e.g. 3 hours	Do you have any other symptoms? e.g. bloating, bleeding, bowel or urinary problems	Did you take or do anything to help with the pain or symptoms? If so, what did it help?	What affect did it have on you? *** Unable to attend work or school?
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



Endo Warriors West Lothian
Independent Support and Awareness Group

Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

* Please rate your pain on a scale of 1-10.

Where 1 = tolerable and 10 = the worst pain imaginable **

Please use the words listed on question 6 under “pain”, or add your own ***

Please state whether these symptoms affected your work, education, relationships, social activities, sleep, exercise, food intake, Libido, stress levels, quality of life that day



Endo Warriors West Lothian
Independent Support and Awareness Group

ENDOMETRIOSIS SUPPORT AND AWARENESS



WEST LoTHIAN

1 IN 10

WOMEN ARE AFFECTED
ARE YOU 1 IN 10?

If you suspect you may have Endometriosis and should be experiencing symptoms then please seek guidance and advice from your GP, or even discuss with someone from our team.

YOU ARE NOT ALONE

COMMON SIGNS

- > PAIN DURING/AROUND MENSTRUATION
- > PAINFUL IRREGULAR PERIODS
- > PAIN WITH INTERCOURSE
- > PAINFUL BLADDER & BOWEL MOVEMENTS INCLUDING BLOATING
- > EXCESSIVE BLEEDING INCLUDING BLOOD CLOTS
- > CHRONIC PAIN & GASTROINTESTINAL SYMPTOMS, NAUSEA, DIARRHOEA, CONSTIPATION
- > FATIGUE/LACK OF ENERGY DEPRESSION/ISOLATION
- > DIFFICULTY IN FULFILLING WORK & SOCIAL COMMITMENTS
- > INFERTILITY/SUB FERTILITY

ENDO WARRIORS WEST LoTHIAN
SUPPORT & AWARENESS GROUP

Education Centre
St. John's Hospital
Livingston

MONTHLY MEETING 7-9pm

ENDO WARRIORS WEST LoTHIAN
SUPPORT & AWARENESS GROUP

Spire Murrayfield,
Beechwood House,
122 Corstorphine Road
Edinburgh EH12 6UD

MONTHLY MEETING 6:30-8pm

Endowarriorswestlothian@gmail.com



endowarriorswl



Endo Warriors Westlothian



@endowestlothian