Endolog

How to describe pain

Date _____ Cycle day _____

Tick every word that fits, and add your own. Use one sheet for each kind of pain, or for your worst day.
0 = no pain, **10** = worst pain you can imagine.

1. What it feels like

Pick the words for how the pain feels in your body, and for how it makes you feel.

Cramping
- ☐ cramping
- ☐ squeezing
- ☐ gripping
- ☐ tight
- ☐ in waves
- ☐ _____

Sharp
- ☐ stabbing
- ☐ sharp
- ☐ shooting
- ☐ pricking
- ☐ like a knife
- ☐ _____

Burning
- ☐ burning
- ☐ stinging
- ☐ hot
- ☐ tingling
- ☐ like an electric shock
- ☐ _____

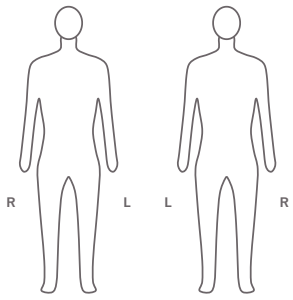
Aching
- ☐ aching
- ☐ dull
- ☐ sore
- ☐ tender
- ☐ throbbing
- ☐ _____

Pressure
- ☐ pressure
- ☐ heavy
- ☐ dragging
- ☐ pulling down
- ☐ full
- ☐ _____

How it makes you feel
- ☐ tiring
- ☐ sickening
- ☐ frightening
- ☐ overwhelming
- ☐ miserable
- ☐ _____

2. Where it hurts

Shade the areas. Draw an arrow if the pain spreads.



Front Back

- ☐ Low in the middle of the belly
- ☐ Left side
- ☐ Right side
- ☐ Lower back
- ☐ Thighs or legs
- ☐ Bottom
- ☐ Vagina
- ☐ During or after sex
- ☐ When I poo
- ☐ When I pee

3. When and how long

It lasts
☐ Minutes ☐ Hours ☐ All day ☐ Days

It is
☐ Steady ☐ In waves ☐ Comes and goes

It happens
☐ Before my period ☐ On heavy days
☐ All through my period ☐ Mid-cycle ☐ Without a period

It started (date or age) _____

4. How bad it is, from 0 to 10

Circle a number for each. A number means more with what it stops you doing.

Usual	0	1	2	3	4	5	6	7	8	9	10
Worst	0	1	2	3	4	5	6	7	8	9	10

It stops me from _____

What I tried, and if it helped _____

5. My pain in one line, for the doctor

My pain is _____ in _____ .

On _____ it is _____ out of 10, and it stops me from _____ .

_____ does not help.

Sources: the pain word groups draw on the McGill Pain Questionnaire (pubmed.ncbi.nlm.nih.gov/1235985); the 0 to 10 scale as used in endometriosis research (pmc.ncbi.nlm.nih.gov/articles/PMC4252538); symptoms that should make a doctor think of endometriosis: NICE NG73 (nice.org.uk/guidance/ng73); when to get urgent help: NHS (nhs.uk/symptoms/pelvic-pain).

Severe pain, fainting or very heavy bleeding? Get urgent medical help.