

What the latest endometriosis guidance means for you

Updated recommendations support earlier conversations about symptoms and treatment options

The American College of Obstetricians and Gynecologists (ACOG) updated its guidance on diagnosing endometriosis.¹ The updated guidance highlights the importance of recognizing symptoms early, the option to start treatment without surgery, and the need for individualizing treatment through shared decision-making.¹ These changes may help some people receive evaluations and discussions of potential treatment options earlier in their care.

About ACOG

The American College of Obstetricians and Gynecologists (ACOG) is a leading organization for women's healthcare in the United States.² Its guidance helps healthcare providers stay up to date on the latest evidence and best practices for patient care.²

A diagnosis may be possible without surgery

In the past, surgery was often considered necessary to diagnose endometriosis.³ The updated guidance recognizes that surgery is not always needed to identify endometriosis.¹

A healthcare provider may be able to diagnose endometriosis based on a combined assessment of:¹



Your symptoms



Your medical history



A physical exam



Imaging studies
(e.g., ultrasound or MRI,
when appropriate)

For some people, this may help care begin sooner.

Sharing your experience can help guide care

Endometriosis can affect people in different ways; recognizing varied symptoms and listening carefully to your experiences are important steps toward getting appropriate care.¹

Talk to your healthcare provider if you experience **symptoms** such as:^{1,4,5}

- Pain in your lower belly or lower back (either before, during, or after your period)
- Painful periods
- Pain during sex
- Painful urination and/or bowel movements
- Intermittent pain
- Difficulty becoming pregnant

Decisions about your care should be made together

There is no single approach that is right for everyone living with endometriosis. The updated guidance emphasizes that management should be individualized based on shared decision-making between patients and healthcare providers.¹

You can play an active role by:^{6,7}

- Tracking your symptoms (include all symptoms, even ones you think may not be relevant)
- Preparing questions and making sure they are answered
- Sharing how symptoms affect, or have affected, your daily life
- Discussing your treatment goals and preferences



Prepare for your next conversation

See the next page for tips to help you prepare for your next appointment.



UterineHealthGuide

Putting the guidance into action

Talking with your healthcare provider about endometriosis

The updated ACOG guidance emphasizes the importance of treating patients as partners and making care decisions together.¹ Use the discussion guide below to prepare for your appointment – thinking about your symptoms, questions, and goals ahead of time can help you feel more confident sharing your experiences, asking questions, and making decisions about your care together with your healthcare provider.



To explore resources that could help you better understand your symptoms or prepare for an appointment, **scan the QR code now to visit the Uterine Health Guide website.**



In addition to this resource, consider bringing a notebook, taking notes on your phone, or bringing a family member or friend for support at your next appointment.⁶

Getting ready for your appointment

Before your appointment, it may be helpful to write down the following as your healthcare provider may ask you about them:^{5–7}

- When your symptoms started
- How often they happen
- How severe they are
- Whether they seem to be related to your menstrual cycle
- How they affect your daily life, including work, school, relationships, sleep, or activities you enjoy or used to enjoy
- What makes your symptoms better or worse
- Any medicines, supplements, or treatments you have tried
- Whether anyone in your family has been diagnosed with endometriosis



You can use this space to prepare notes/questions for your appointment.

1. American College of Obstetricians and Gynecologists. Clinical Practice Guideline No. 11. *Obstet Gynecol.* 2026;147(3):432–448. 2. American College of Obstetricians and Gynecologists. About us. Available at: <https://www.acog.org/womens-health/about-acog>. Accessed July 2026. 3. American College of Obstetricians and Gynecologists. *Obstet Gynecol.* 2010;116:223–236. 4. Rodriguez-Lozano DC et al. *BMC Women’s Health.* 2022;22:525. 5. Mayo Clinic. Endometriosis Symptoms & Causes. Available at: <https://www.mayoclinic.org/diseases-conditions/endometriosis/symptoms-causes/syc-20354656>. Accessed July 2026. 6. Mayo Clinic. Endometriosis Diagnosis & Treatment. Available at: <https://www.mayoclinic.org/diseases-conditions/endometriosis/diagnosis-treatment/drc-20354661>. Accessed July 2026. 7. Endometriosis Foundation of America. Seeking a Doctor: Finding the Right Endometriosis Specialist. Available at: <https://www.endofound.org/preparing-to-see-a-doctor>. Accessed July 2026.

