GEM PATIENT EDUCATION CENTER

# Patient Education Navigator

YOU DO NOT NEED TO READ EVERYTHING. START WHERE YOU ARE.

Version 1.2 · September 2026

Choose the guide titles that fit your needs. The pathways are suggestions; you can start anywhere.

## 1. I think I may have endometriosis

**Start with:**



1. Recognizing the Symptoms
2. Getting the Diagnosis
3. Endometriosis: Myths & Facts
4. Teen Guide – When Period Pain Is Not Normal

## 2. I have been diagnosed

**Understand what it means:**



1. Understanding Endometriosis
2. Understanding Your Endometriosis Report
3. Genes, Environment & Endometriosis
4. Endometriosis & Adenomyosis

## 3. I am deciding about treatment

**Compare your options:**



1. Understanding Treatment
2. Understanding Endometriosis Surgery
3. Endometriosis & Fertility
4. Bowel, Bladder, Ureter & Diaphragmatic Endometriosis

## 4. I am having or have had surgery

**Prepare and protect your recovery:**



1. Understanding Endometriosis Surgery
2. Understanding Your Endometriosis Report
3. After Surgery: What Happens Next?
4. After Surgery: Warning Signs & When to Call
5. Your Rights as a Patient

## 5. I am living with endometriosis

**Plan for the long term:**



1. Living With Endometriosis
2. Pain That Persists After Treatment
3. Pain, Intimacy, Relationships & Emotional Health
4. Endometriosis Through Different Stages of Life



A PRACTICAL TOOL FOR ANY STAGE

**MY SYMPTOMS & APPOINTMENT TOOLKIT**

Track symptoms; do not delay care to finish a cycle.

Record treatments you have already tried.

Prepare your five priority questions.

Write down the plan and next steps.

**USE IT BEFORE, DURING AND AFTER YOUR APPOINTMENT**

**HOW TO USE THIS NAVIGATOR**

Choose a topic, find the guide by title and bring your questions to your clinician. Move between pathways as your needs change.

**URGENT SYMPTOMS:** Do not wait to read a guide. Sudden chest pain, severe breathlessness, collapse or severe rapidly worsening pain needs emergency assessment.

# Evidence & references

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## Navigation, not a clinical protocol

The six pathways organize available GEM titles. Their order is flexible and does not prescribe treatment. Website links were not supplied or verified, so the navigator now instructs readers to find guides by title.

## Urgent symptoms

Readers are told to seek appropriate emergency assessment instead of waiting to read or complete educational materials.

## Full references


- **[S08]** NHS. Laparoscopy (keyhole surgery). Reviewed 20 December 2023. Freely available — https://www.nhs.uk/tests-and-treatments/laparoscopy/
- **[S13]** WHO. Endometriosis. Fact sheet, 15 October 2025. Freely available — https://www.who.int/news-room/fact-sheets/detail/endometriosis


No listed institution endorses GEM.

## Medical information

Do not delay care; seek emergency help for a suspected emergency.

This material is for educational purposes only and does not constitute medical advice or create a clinician-patient relationship with GEM.

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