DIAGNOSTIC ALGORITHM FOR ENDOMETRIOSIS

ASSESS PRESENCE OF SYMPTOMS AND PATIENT HISTORY

SYMPTOMS/INDICATORS CONSISTENT WITH ENDOMETRIOSIS:

- Chronic abdominal/pelvic pain or pressure
- Cyclic dyschezia and/or dysuria
- Dysmenorrhea
- Dyspareunia
- Heavy menstrual bleeding
- Infertility
- Positive family history

PERFORM PHYSICAL EXAMINATION

PHYSICAL INDICATORS THAT MAY BE PRESENT:

- Focal tenderness on vaginal examination
- Nodules in posterior fornix
- Adnexal masses
- Immobility or lateral placement of cervix or uterus

Physical examination may be normal; this should not rule out endometriosis if other suggestive signs or symptoms are present

PERFORM/ORDER IMAGING

TRANSVAGINAL ULTRASOUND FINDINGS CONSISTENT WITH ENDOMETRIOSIS INCLUDE:

- Nodules or masses
- Endometrioma(s)
- Loss of normal sliding sign

Other imaging modalities that may be uselful include:

- Transperineal ultrasound
- Transabdominal – particularly for detection of intestinal endometriosis
- MRI – higher specificity for diagnosis

DIAGNOSIS

PRESUMPTIVE

- Based on patient history, physical examination, and imaging results
- Preferred method of diagnosis whenever possible

SURGICAL (LAPAROSCOPY)

- Previous gold standard
- No longer considered necessary for most patients
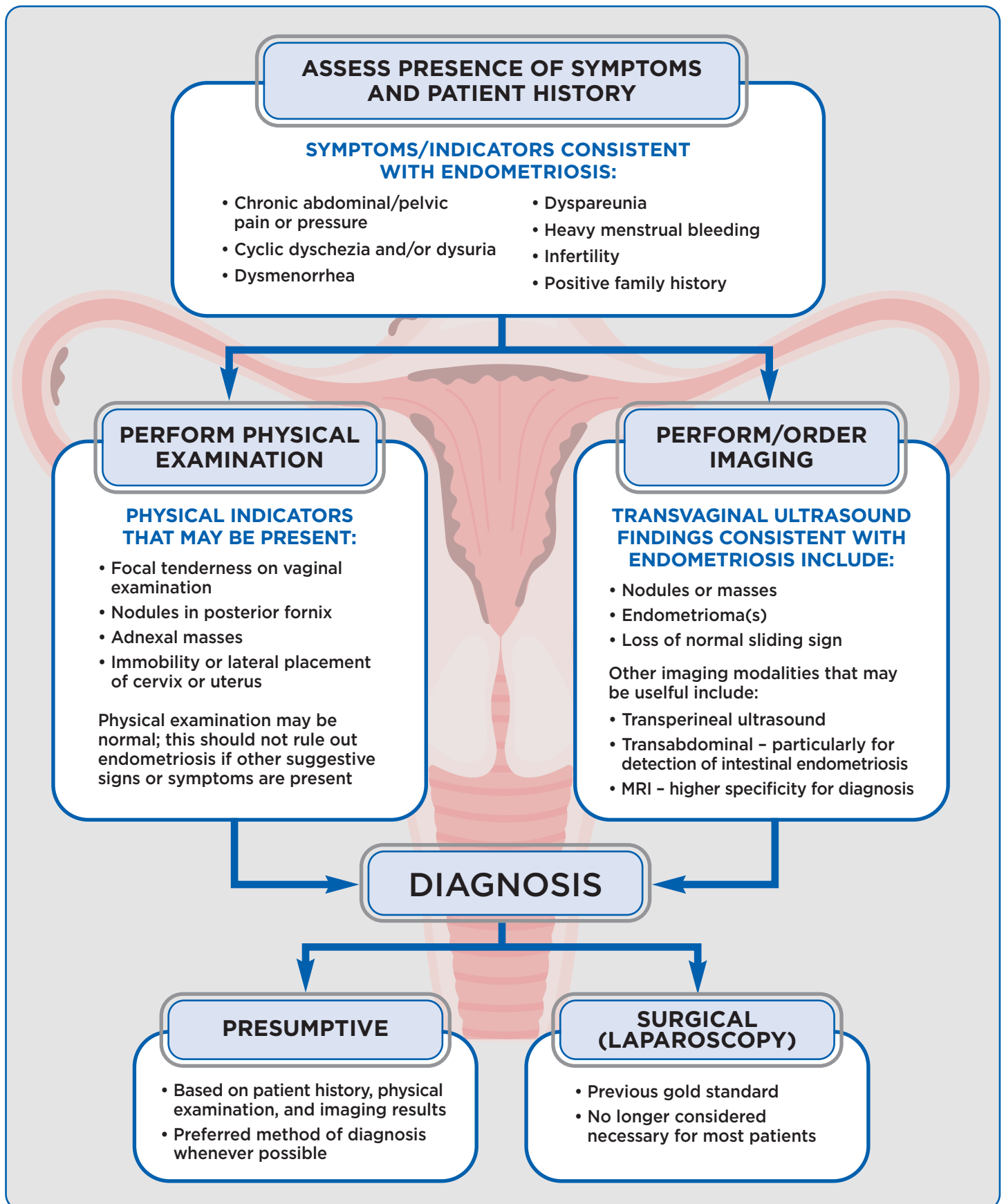
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ABBREVIATION:
MRI: magnetic resonance imaging