

Pelvic-Gut Symptom Conversation Map

Use this page before an appointment when IBS, endometriosis, pelvic pain, urinary symptoms, sex pain, or cycle timing are hard to separate.

1. Main pattern

Check the strongest pattern:

- Bowel changes lead the pain pattern.
- Pain or bowel symptoms worsen before or during periods.
- Pain happens during or after sex.
- Urinary symptoms happen with pelvic pain.
- Pain is one-sided, progressive, or different from my usual IBS pattern.
- Symptoms wake me, cause fever, blood, fainting, vomiting, or severe dehydration.

2. Timing notes

Question	Notes
When did this start?	
Is pain linked to cycle day?	
Does pain last beyond the first 1-2 period days?	
Is sex painful during or after?	
Do bowel or bladder symptoms worsen around periods?	
Is pain one-sided or getting worse?	

3. Bowel and pelvic clues

Day/date	Cycle day	Pain location	Stool pattern	Bloating	Urinary symptoms	Sex pain	Bleeding/fever/other stop signs

4. Questions to ask

- Could this still fit IBS, or does the pelvic/cycle pattern need evaluation?
- Should I be checked for gynecologic, urinary, bowel, or pelvic-floor causes?
- Would a pain and symptom diary help decide the next step?
- Are there red flags that should change the urgency of care?
- If imaging is normal but symptoms continue, what is the next reasonable step?

5. Stop signs

Seek urgent care for sudden severe pelvic or abdominal pain, fainting, possible pregnancy with pain, fever, vomiting, heavy bleeding, black or bloody stool, blood in urine, severe dehydration, or rapidly worsening symptoms.