

Is it IBS or Bowel Endometriosis?

Identify and compare the symptom differences between IBS & Bowel Endometriosis



IBS (Irritable Bowel Syndrome)

Chronic but moderate abdominal pain more common

Early satiety more common

Eating-associated nausea much more common

Upper abdomen symptoms more common

GERD (acid reflux) symptoms more common

If menstruation increases symptoms, changes in bowel habits more common than extreme pain

If rectal bleeding, blood is likely bright red indicating that hemorrhoids or tears likely cause

Some relief of symptoms with dietary changes more likely

More likely to have symptom stability with few signs of progression

Bowel Endometriosis

Chronic, severe abdominal pain more common

Menstrual irregularities more common

Menstruation-associated symptoms much more common

If menstruation increases symptoms, extreme pain is more likely to be reported

Extreme pain during bowel movements significantly more common

Pain with sexual intercourse much more common

Lower abdominal pain symptoms more common

If rectal bleeding, blood more likely to be darker in color and more likely to be associated with menstruation

Dietary changes may help some, but less likely to relieve extreme pain symptoms

Progression of symptoms more likely, meaning symptoms get worse over time

Vaginal pain much more common

Rectal pain more commonly reported

Extreme pain with vaginal or rectovaginal pelvic exam more common

Pain with sitting more common

Pain symptoms in extremities or other non-abdominal parts of the body (hips, lower back, legs, etc) more likely to be reported

Past history of infertility and/or sub-fertility

Past history of multiple miscarriages, including ectopic pregnancies

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