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Staying Engaged in Your Pelvic Pain Care

Taken from Elise De, MD, urologist at Massachusetts General Hospital and Spaulding Rehabilitation

Key Ideas

1. For the best outcomes, patients should have control over directing their care
2. Completing pre-visit forms like a [Treatment Map](#) helps providers get up to speed quickly
3. Ask for additional educational resources to keep learning about your condition and treatments

Preparing for a Pelvic Pain Appointment

The journey to healing your chronic pelvic pain can be a long process. Along the way, you should have encouragement and support from your care team and especially from your pelvic pain physician.

Your pelvic pain physician may ask you to do a few things prior to your first visit, such as

- Reading pre-visit education materials
- Completing validated surveys on pain, function, and mood
- Providing your medical and surgical history
- Sending in old medical records including operative reports and/or imaging

Doing this ‘homework’ prepares you for a successful visit, where your provider can spend more time **getting to know you** and your personal goals.

How to Keep Engaged in Your Care

Learning about pelvic pain causes and treatment options can seem overwhelming but your provider will guide you through the process. At the end of your visit, you might receive an “After Visit Summary” which is a record of important recommendations from the visit. You may also receive informational handouts on your condition. Be sure to read those and ask your provider any questions.

If you feel unsure about a treatment plan, let your provider know! Some clinics even offer electronic and secure messaging systems as a way to contact your provider. By communicating your concerns and worries, you and your provider become a team in your journey to pain relief.

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