

# Endometriosis: Access and Support for LGBTQI+ People and Trans Men



Getting care for endometriosis can take time. Some trans and non-binary people may find the process distressing and frustrating, especially if their doctor doesn't expect endometriosis because of their gender.

It can also feel isolating, as many clinics and health services are labelled or designed as 'women's health' services. You deserve safe, respectful and inclusive care.

This fact sheet covers how to manage these issues and ways to find inclusive care.

## How you may feel

Living with endometriosis can affect how you feel about your body and identity. You may feel disconnected from your body, experience dysphoria, or feel stressed about how others see you. You are not alone.

## It may help to:

- Talk with a gender-affirming counsellor or psychologist who understands both endometriosis and gender identity.
- Use mindfulness techniques to manage dysphoria, stress or pain.
- Connect with trans-led peer support groups, online communities or other people with shared experiences.
- Call QLife for support on [1800 184 527](tel:1800184527) or visit [qlife.org.au](http://qlife.org.au)

*This table covers common situations you may face and how to get safe, supportive and affirming care.*



**Possible Challenges**



**What you can do**

### Feeling recognised and respected

Assumptions that you can't have endometriosis

- Ask friends for clinic recommendations or search [transhub.org.au](http://transhub.org.au) for inclusive services.
- If needed, ask for a referral to a pelvic pain clinic or gender-affirming specialist.
- Ask the clinicians to record in your notes that pelvic pain and other endometriosis symptoms were not followed up.

Past experiences of misgendering or discrimination make you avoid care

- Ask friends for clinic recommendations or search [transhub.org.au](http://transhub.org.au) for inclusive services.
- If needed, ask for a referral to a pelvic pain clinic or gender-affirming specialist.
- Ask the clinicians to record in your notes that pelvic pain and other endometriosis symptoms were not followed up.

Forms or medical records don't have your correct name, gender or pronouns

- Ask staff to update your record with your name and pronouns.
- Politely let the clinic staff know if the form doesn't work for you. Sometimes it's easier to explain this over the phone. Letting them know may help improve the form for others.
- Carry a card or note with your names and pronouns if needed.

Staff don't use the pronouns/gender on forms

- You can remind staff of your pronouns.
- If you don't feel comfortable speaking up, you can ask for support from a trusted person.

## Finding safe and inclusive services

Clinics feel unsafe or are gendered

- Look for signs of inclusive care (e.g. rainbow tick, LGBTQI+ flags, photos or posters).
- Ask for a private waiting area if that helps you feel safe.
- Ask to use an all gender bathroom.
- Have someone you trust with you at appointments for support.
- Use language that feels right for you when describing your body or symptoms.
- Search [transhub.org.au](http://transhub.org.au) or ask friends for gender-neutral or inclusive clinics.

Doctor doesn't know about gender-affirming care or how hormones interact with endometriosis

Ask if your doctor for a referral to someone with experience in gender-affirming care. You deserve care that understands your whole self.

## Getting the right tests and treatment

Diagnosis feels invasive

- Ask if you can have types of scans that you feel comfortable with. You may be able to have an MRI instead of an internal exam.
- Ask the doctor to explain what will happen before any test. You can always say no to the test, or ask them to stop at any time.
- Bring a support person to appointments if that helps you feel safer.

Doctors focus on fertility when it's not your priority

- Let them know what matters to you. You could say: Fertility isn't my focus – I'd like to talk about managing pain and my quality of life.
- Ask for care that aligns with your gender identity and transition goals"

## Getting the right tests and treatment

Little or no support from family of origin or chosen family isn't recognised

**Connect with peer or online support groups.** Call QLife on 1800 184 527 or visit [qlife.org.au](http://qlife.org.au)

- Let your doctor know who your support person is, so they are included in your care.

## Looking ahead



Trans and non-binary people need respectful, affirming healthcare. Trust your knowledge of your body. Endometriosis is a long-term condition. But many people manage it well.