

GP appointment

19 Jun 2026 - 19 Sep 2026 · Generated 19 Sep 2026 · Standard

FROM YOUR RECORD

Patient summary

Full name	Amy
Date of birth	2001-09-17
Where you are right now	I'm waiting for surgery
Endometriosis status	Diagnosed
Pregnancy plans	Not trying

From your record - not a diagnosis or medical advice.

Contents

1. Bleeding and flares at a glance
2. Monthly overview
3. Bleeding days vs other days
4. Cycle and periods
5. Urgent care
6. Functional impact
7. Current medications
8. Treatment history
9. Investigations
10. Appointments

1. Bleeding and flares at a glance

- 92 of 93 days recorded (99%).
- Average pain on flare days was 8.3, compared with 3.4 on other days (+4.9).
- Clearest bleeding-day differences: Constipation +87%, Headache +87%, Painful

bowel movements +87%.

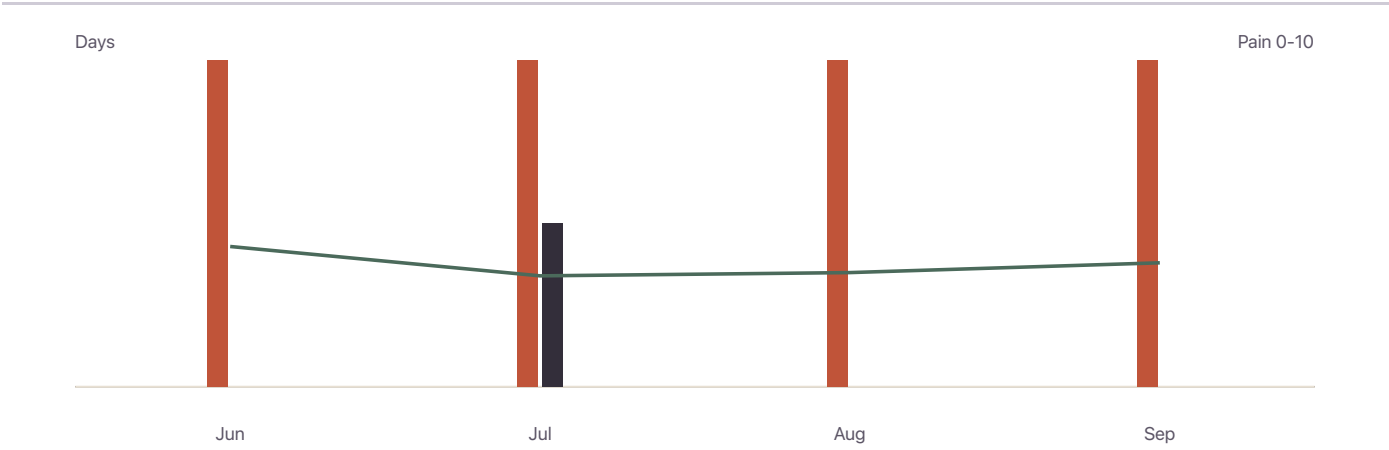
- No urgent-care days recorded in this period.

Days recorded	Bleeding days
92	24
Flare-flagged days	Check-in flare days
3	7
Avg pain on flare days	Avg pain on other days
8.3	3.4
Flare episodes	Still going
1	No



Flare episodes across the selected range. Open episodes are highlighted.

2. Monthly overview



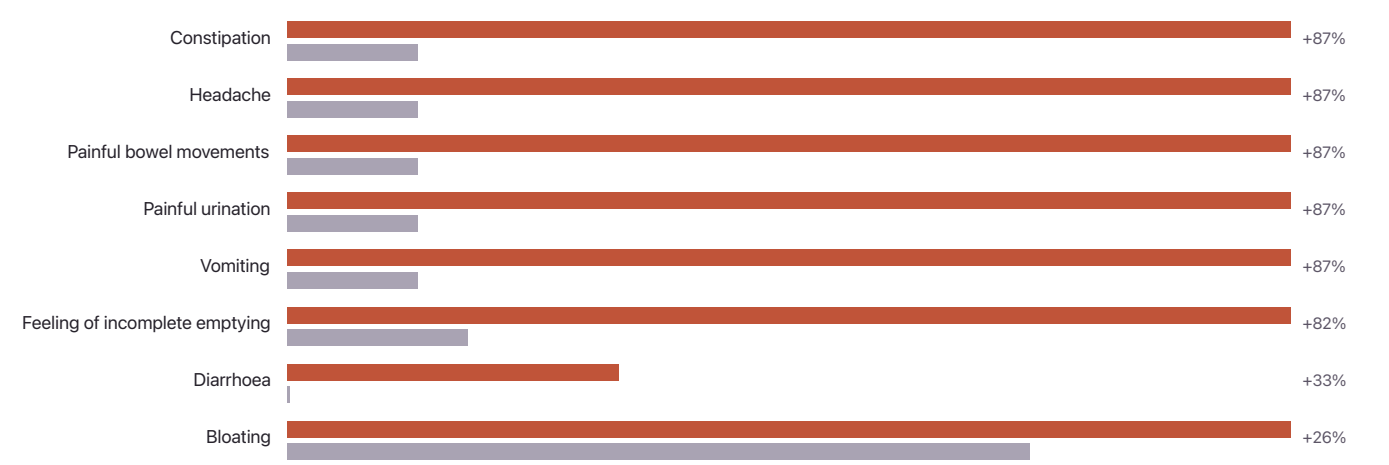
Bleeding days (coral) and flare days (ink) by month, with average pain as a line.

Month	Logged	Bleeding	Flares	Avg pain	Pain ≥7	Impact-heavy
Jun 2026	11	6	0	4.3	2	1
Jul 2026	31	6	3	3.4	4	4
Aug 2026	31	6	0	3.5	2	1
Sep 2026	19	6	0	3.8	2	1

Self-recorded monthly totals from your logs. Days without a log are not counted.

3. Bleeding days vs other days

Metric	Bleeding days	Other days
Days in group	24	68
Average pain	6.3	2.7
Average fatigue	6.3	3.1
High pain (≥ 7)	10 (42%)	0 (0%)
Flare-flagged	3 (13%)	0 (0%)
Impact-heavy	7 (29%)	0 (0%)



Symptom rate on bleeding days (coral) versus other days (grey).

Symptoms with the clearest difference

Symptom	Bleeding days	Other days	Difference
Constipation	24/24 (100%)	9/68 (13%)	+87%
Headache	24/24 (100%)	9/68 (13%)	+87%
Painful bowel movements	24/24 (100%)	9/68 (13%)	+87%
Painful urination	24/24 (100%)	9/68 (13%)	+87%
Vomiting	24/24 (100%)	9/68 (13%)	+87%
Feeling of incomplete emptying	24/24 (100%)	12/68 (18%)	+82%
Diarrhoea	8/24 (33%)	0/68 (0%)	+33%
Bloating	24/24 (100%)	50/68 (74%)	+26%

Observational comparison from your self-recorded logs - not a diagnosis or medical assessment. Discuss patterns with a qualified clinician.

4. Cycle and periods

Typical cycle length

28 days (range 28 to 28 days, from 3 cycles)

Based on 3 cycles in your record.

Spotting logged on the 1-3 days before period start in 4 of the last 4 cycles.

Spotting logged on 4 days in this window.

Typical period length

5 days (range 5 to 5 days, from 3 periods)

Flow mix in this window

Spotting: 4 daysLight: 8 daysMedium: 8 daysHeavy: 4 days

17% of bleeding days were heavy.

Clots

Days with clotting noted: 8

Clots Small: 8 days

Cycle and period length use the last 12 months of your log (2025-09-19 to 2026-09-19). Flow mix and clots cover this report window.

Self-logged and descriptive - not a diagnosis or medical assessment.

5. Urgent care

Nothing recorded in this section for the selected period.

6. Functional impact

- Kept up with everything: 43 days
- Took it slower than usual: 30 days
- Managed, but it was a struggle: 10 days
- Missed work or study: 6 days
- Mostly stayed in bed: 1 days

7. Current medications

- Cerazette (Active) - 75 Mcg · 1 Tablets · Daily, from 2026-05-01
- Buscopan (Active) - 10 Mg · 1 Tablets · As needed, from 2026-04-12
- Naproxen (Active) - 250 Mg · 1 Tablets · As needed, from 2026-03-01

8. Treatment history

Nothing recorded in this section for the selected period.

9. Investigations

Nothing recorded in this section for the selected period.

10. Appointments

- Gynaecology on 2026-07-09

What you track in Orvella

Included in this report when logged: Today, Period, Pain detail, Symptoms, Private symptoms, Flare, Medications & supplements, What helped or made it worse, Food, Movement, Mood, Care sought, Note.

Not tracked (may look like missing data): None.

This is a self-recorded symptom record. Not medical advice, a diagnosis, or a medical assessment. Always discuss with a qualified clinician.

Orvella records and reflects. It is not a medical device and does not provide medical advice, diagnosis, or treatment. Always discuss this record with a qualified clinician.