

TCS/22/28 - ENDOCAN-1: A Pilot Randomised Controlled Trial Of The Efficacy Of A Cannabinoid Oral Tincture In The Management Of Endometriosis-Associated Pain.

Background: Endometriosis (where cells similar to the womb-lining are found elsewhere in the body) affects ~190 million women worldwide and may lead to debilitating pelvic pain. Endometriosis pain symptoms can be managed medically by hormonal drugs, but only one third of women feel that these are effective and many experience side-effects. Cannabinoids are substances extracted from cannabis and are promising treatments for pain conditions like endometriosis.

Aim: We aim to investigate if a future large scale, UK-wide trial to determine whether a cannabinoid can reduce endometriosis-associated pain is possible.

Design and Methods: We will perform a pilot study, called ENDOCAN-1, in two Scottish hospitals. We will recruit 100 women with pelvic pain due to endometriosis. The women will be randomly assigned to take an oral cannabinoid called cannabidiol (CBD) in a tincture (liquid) or identical placebo for twelve weeks. Neither the women, nor their medical team, will know what treatment they are taking. Participants will be asked to complete questionnaires about their symptoms. These will help to plan a future larger study to determine whether CBD reduce endometriosis-associated pain and provide value for money. We will also interview 20 women to find out their feelings about participation and experiences with the medication.

Dissemination: The results of the trial will be published in medical journals, presented at medical conferences and publicised in summaries/infographics on social media platforms. The trial results will also be made available to patients on the Endometriosis UK website and social media.