

Pelvic Inflammatory Disease (PID)

Pelvic Inflammatory Disease or PiD, is an infection within the pelvic area. PID occurs when bacteria (germs) move upwards from the vagina and cervix into the upper genital tract. It can involve the uterus, fallopian tubes, ovaries and the abdominal cavity. The most common type is an infection of the fallopian tubes.

The most frequent causes of PID are gonorrhea and chlamydia. However, other bacteria such as streptococci and staphylococci can also cause PID.

SYMPTOMS OF PID

- ◆ Unusually long period.
- ◆ Increased bleeding with period.
- ◆ Increased cramping with period.
- ◆ Pain on side of the lower abdomen or both sides; can be dull or sharp.
- ◆ Fatigue and general malaise (exhaustion).
- ◆ Fever
- ◆ Nausea and/or vomiting.
- ◆ Urinary frequency.
- ◆ Abnormal vaginal discharge.
- ◆ Pain during intercourse.

Any pelvic infection can be serious and always requires a medical examination. If you have these symptoms with an intrauterine device (IUD) in place, see your health care provider immediately!

PID can cause infertility, tubal (ectopic) pregnancy and chronic pelvic pain due to scarring.



**Shawnee County
Health Agency**
1615 SW 8th Avenue

RISK FACTORS FOR PID

- ◆ Sexually active teenagers are more likely to develop PID than older women.
- ◆ The more sexual partners a woman has the greater her risk of developing PID.
- ◆ A previous episode of PID increases the risk of another episode.
- ◆ Douching one to two times a month increases the risk of flushing bacteria into the upper genital tract. Douching may also ease symptoms, delaying effective treatment.

DIAGNOSIS

To diagnose this infection, a pelvic exam will be necessary. A gonorrhea and chlamydia culture and blood tests may also be done.

The exam may be uncomfortable if you have an infection, but it is necessary in order to make the diagnosis and to prescribe the appropriate treatment.

TREATMENT

The extent and severity of the condition determines the treatment. In some cases, hospitalization is necessary. In most cases, outpatient treatment will be sufficient. The sooner treatment is initiated, the greater the chance of preventing damage to the reproductive organs. It is also necessary to treat your sexual partner to prevent recurring infections.

PID is treated with antibiotics, pills or capsules to be taken by mouth, and/or an antibiotic injection (shot). It is important to finish **all** of the medicine.

Other treatments, in addition to antibiotics, may include:

- ◆ Bed rest.
- ◆ Increased fluids and a nutritious diet.
- ◆ An analgesic, such as aspirin or ibuprofen for pain relief.
- ◆ Warm baths or a heating pad to the abdomen may relieve the pain.
- ◆ No douching or use of tampons.
- ◆ No sexual intercourse for at least two weeks - pelvic rest is essential for cure.
- ◆ IUD removal. An IUD may not be inserted for several months after an infection.

You will be asked to return for a follow-up visit within one to two weeks. If the symptoms do not improve or if they return you should contact your health care provider.

PREVENTION

- ◆ Abstinence (not having sex)
- ◆ Having sex with only one, uninfected partner
- ◆ Use a condom everytime you have sex
- ◆ Do not douche



For an appointment call

(785) 368-2000



CLINIC TIMES

Monday, Thursday, Friday

8:00 am - 12:00 pm

1:00 pm - 4:30 pm

Tuesday

10:00 am - 2:00 pm

3:00 pm - 6:30 pm

Wednesday

8:00 am - 12:00 pm

2:00 pm - 4:30 pm