

*PID is a serious disease caused by untreated bacterial infections in women. It can cause chronic pain, infertility and problems during pregnancy. Regular sexual health and gynaecological check-ups will prevent PID.*

## **Pelvic Inflammatory Disease (PID)**

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### **What is Pelvic Inflammatory Disease?**

Pelvic Inflammatory Disease (PID) is an infection of the upper reproductive tract of women.

PID is usually caused by untreated sexually transmissible infections – usually chlamydia or gonorrhoea. If they are not treated, these infections can spread from the vagina to the cervix (the neck of the womb), endometrium (the lining of the uterus/womb) and the fallopian tubes (tube from the womb to the ovary).

PID damages the fallopian tubes, uterus and ovaries which can lead to serious problems, including infertility, ectopic pregnancies (a pregnancy in the fallopian tube or elsewhere outside the womb), and ongoing pelvic pain.

### **Are there any symptoms?**

Women can have PID without any signs or symptoms. For some women, the symptoms may be very mild and may go unnoticed. Symptoms can include:

- pain or discomfort low in the pelvis
- pain or discomfort during sex
- bleeding (spotting) between periods or after sex
- periods that are heavier and more painful than usual
- fevers, severe pain and feeling unwell

### **How is it transmitted?**

Pelvic Inflammatory Disease is not transmitted, but the chlamydia and gonorrhoea that lead to PID are transmitted through unprotected sex.

### **How is it prevented?**

Using a condom and water based lubricant can significantly reduce the risk of catching chlamydia, gonorrhoea and other sexually transmissible infections that can lead to PID.

Go for regular sexually transmissible infection (STI) checkups to find infections before complications develop and to prevent transmission to others. Always use condoms

### **How is it diagnosed?**

PID is usually diagnosed by a physical examination of the vagina, cervix and pelvis to check for inflammation or pain and discomfort. A swab is collected from the cervix and tested in a laboratory for chlamydia, gonorrhoea and other infections.

### **How is it treated?**

PID is usually treated with a long course of antibiotics. It is very important that the treatment is completed as prescribed. The doctor may want to check that the treatment has been successful.

### **Telling partners**

It is very important that all current and recent sexual partners are informed of the infection so they can be tested and treated. Your doctor can help you decide which of your sexual partners are at risk and help you contact them.

The information in this fact sheet is general and you should see a doctor if you are worried about your health.

### **Contact**

NSW Sexual Health Infoline freecall **1800 451 624**