

# the facts about pelvic inflammatory disease

auckland  
sexual health  
service



If you have a sexual health concern, including HIV or AIDS, check it out at your friendly Auckland Sexual Health Service



## What is PID?

PID is the term given to infection of the female reproductive system – the tubes, cervix, womb and ovaries.


It is a common and potentially serious complication of sexually transmitted infections, (STIs), notably chlamydia and gonorrhoea. Occasionally PID can occur after certain gynaecological operations. If left untreated PID can lead to infertility (difficulty getting pregnant,) ectopic pregnancy (baby growing outside the womb,) chronic (long term) pain, and abscess formation. This happens because the infection damages tissues, often leading to permanent scarring.

## How did I get this infection?

PID is common. It is common because the STIs responsible, chlamydia and gonorrhoea, are common. You can become infected with chlamydia or gonorrhoea by having unprotected sex (not using a condom) with a partner who has one or both of these infections.

## What are the symptoms of PID?

The symptoms can vary from very mild (or none at all) to severe. The most noticeable symptoms are:

-  Pain or tenderness in the tummy or lower abdomen

- 👁️ Abnormal vaginal discharge
- 👁️ Unusual irregular, heavy or painful periods
- 👁️ Pain during sex

These symptoms are especially important if you have had unprotected sex with a new partner in the last 3 months.

## What should I do if I think I have PID?

If you have had recent unprotected sex with a new partner or have any of the symptoms mentioned then its time for a sexual health check.

This involves having a vaginal examination and tests taken.

This check can be done at your local sexual health service, or doctor.

## Treatment and follow-up

If your doctor thinks you have PID you will be given a course of antibiotics

It is very important to:

- 👁️ Finish the course
- 👁️ Do not have sex again until your treatment is finished and your partner is also treated
- 👁️ If you don't have a regular partner advise all partners from the last 3 months to get a sexual health check
- 👁️ Come back for a follow-up check after treatment

## How can I avoid PID in the Future?

Most PID is the result of infection with an STI. You can prevent these infections by using a condom every time you have sex, especially when you have sex with a new partner.

The complications of PID get worse with repeated infections so prevention is essential.



Auckland Sexual Health Services:  
Building 16 (opposite Domain duckpond)  
Auckland Hospital. Ph: 307 2885

West Auckland Sexual Health Service  
2nd Floor, 362 Great North Rd,  
Henderson. Ph: 836 0838

Manukau Sexual Health Service  
Manukau Health Centre, Wiri Station Rd,  
(next to Rainbows End) Ph: 263 7604

North Shore Sexual Health Service  
Cnr Glenfield & Peach Rds. Ph: 443 2544

[www.sexfiles.co.nz](http://www.sexfiles.co.nz)