

## Important advice

- Finish the course of treatment even if your tests are all clear and you are feeling better.
- Do not have sex again until your treatment is finished (2 weeks) and any recent sexual partners are also treated.
- Advise all sexual contacts you have had in 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 in young women is the result of 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.

Make sure your sexual partners are tested and treated.

You are more likely to have long-term problems if you get repeated infections, so using condoms to prevent PID is really important.

## Contact us

Phone 0800 739 432 Monday to Friday to book your appointment at one of the Auckland Sexual Health Clinics or visit our website [www.ashs.org.nz](http://www.ashs.org.nz) for more information around opening hours.

**Greenlane Clinical Centre**  
Building 7 Level 3  
Greenlane West

**South Auckland**  
12 Waddon Place  
Mangere

**North Shore**  
418 Glenfield Rd  
Glenfield

**West Auckland**  
Totara Health Level 2  
1 McCrae Way  
New Lynn

*This fact sheet is designed to provide you with information on disease. It is not intended to replace the need for a consultation with your doctor. People are strongly advised to check with their healthcare provider about any specific questions or concerns. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of publishing (2020).*



## Pelvic Inflammatory Disease (PID)



Welcome Haere Mai | Respect Manaaki  
Together Tūhono | Aim High Angamua



## What is PID?

Pelvic Inflammatory Disease (PID) is an infection of the female reproductive system – from the vagina into the uterus (womb), the tubes and the ovaries.

It is a common and can be a serious complication of sexually transmitted infections (STIs) such as chlamydia and gonorrhoea. Occasionally PID can happen after some surgery to that area.

## How do I get PID?

PID is common in women under the age of 25 because chlamydia and gonorrhoea infections are common in this age group.

You can become infected with chlamydia or gonorrhoea by having unprotected sex (sex without a condom) with someone who has one of these infections.

But STI tests can be negative in women with PID.

## What are the symptoms?

The symptoms can be quite mild to severe (really bad). The most noticeable symptoms are:

- Pain or tenderness in the tummy or lower abdomen.
- Abnormal vaginal discharge (change in colour or bad smell).
- Heavy or painful periods.
- Unusual bleeding such as after sex or between periods.
- Pain during sex.

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

In some severe cases, PID can make you very unwell with fevers, vomiting and severe tummy pain. In this case we recommend going to the emergency department for assessment.

## 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, then it's time for a sexual health check.

This involves having an examination by a doctor, where swabs are taken to test for sexually transmitted infections including chlamydia and gonorrhoea.

This check can be done at your local sexual health service, GP or FPA clinic.

There isn't one single test to diagnose PID, so your doctor will decide based on your symptoms and examination if you have PID or not.

## How is PID treated?

If your doctor thinks you have PID you will be given a two courses of antibiotics (usually before your test results are back). This lowers the risk of long-term complications.

If you have had PID once, you have a higher risk of infertility (difficulty getting pregnant), ectopic pregnancy (baby growing outside the womb) or chronic (long-term) pain. If you get it a second time, you are even more likely to have these problems.