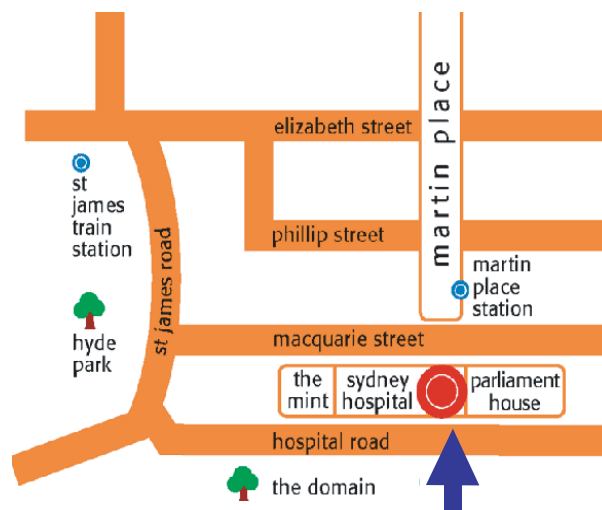


## Sydney Sexual Health Centre



The Sydney Sexual Health Centre provides a free, confidential and comprehensive service that helps put you in control of your sexual health. The service supports your sexual health by providing screening, vaccination and management of sexually transmissible infections including HIV and hepatitis B, women's and men's sexual health care, education, individual and couple counselling, and needle and syringe program. The service offers a choice of male and female doctors, nurses and counsellors who are respectful of your lifestyle and sexuality.

### NO MEDICARE CARD REQUIRED

#### Hours:

Monday, Tuesday, Thursday, Friday 10am-6pm  
Wednesday 2-6pm

**Telephone: (02) 9382 7440**

#### Internet:

[www.sesahs.nsw.gov.au/sydhosp/SSHC.asp](http://www.sesahs.nsw.gov.au/sydhosp/SSHC.asp)

**Sexual Health Infoline: 1800 451 624**

M-F 9am-5:30pm

## NSW/ACT Sexual Health Services

### Free & confidential sexual health care

Albury	Ph: (02) 6058 1840
Armidale	Ph: (02) 6776 4738
Bourke	Ph: (02) 6872 2145
Broken Hill	Ph: (08) 8080 1556
Canberra	Ph: (02) 6244 2184
Coffs Harbour	Ph: (02) 6656 7865
Dareton	Ph: (03) 5021 7200
Dubbo	Ph: (02) 6885 1700
Forster	Ph: (02) 6555 1800
Gosford	Ph: (02) 4320 2114
Goulburn	Ph: (02) 4827 3913
Griffith	Ph: (02) 6966 9900
Katoomba	Ph: (02) 4784 6560
Kings Cross	Ph: (02) 9360 2766
Kogarah	Ph: (02) 9350 2742
Lightning Ridge	Ph: (02) 6829 9900
Lismore	Ph: (02) 6620 2980
Liverpool	Ph: (02) 9827 8022
Manly	Ph: (02) 9977 3288
Marrickville	Ph: (02) 9560 3057
Mt Druitt	Ph: (02) 9881 1733
Newcastle	Ph: (02) 4923 6909
Nowra	Ph: (02) 4423 9353
Orange	Ph: (02) 6392 8600
Parramatta	Ph: (02) 9843 3124
Penrith	Ph: (02) 4734 2507
Port Kembla	Ph: (02) 4276 2399
Queanbeyan	Ph: (02) 6298 9233
Richmond	Ph: (02) 4578 1622
St Leonards	Ph: (02) 9926 7414
Sydney City	Ph: (02) 9382 7440
Tamworth	Ph: (02) 6766 3095
Taree	Ph: (02) 6592 9421
Wagga Wagga	Ph: (02) 6938 6492

want to know  
more about

# Pelvic Inflammatory Disease (PID)

SSHC SYDNEY  
SEXUAL  
HEALTH  
CENTRE

## What is PID?

PID stands for Pelvic Inflammatory Disease, which is an infection of the uterus (womb), fallopian tubes and/or ovaries in women.

## What causes PID?

In women under 30 years, PID is often caused by chlamydia, a sexually transmitted infection that begins at the cervix and can spread to the uterus and surrounding pelvic organs. Other bacteria can also be involved, including gonorrhoea, and normal vaginal bacteria. One episode of chlamydia leaves a woman at increased risk of PID in the future.

PID occasionally develops after gynaecological procedures such as a termination of pregnancy.

## How do I know if I have PID?

PID can cause lower abdominal and pelvic pain. Other symptoms can include unusual discharge from the vagina, deep pain during intercourse, unusual bleeding after intercourse or between menstrual periods.

Many women with PID have only mild symptoms, which may be present for many weeks or months, and often goes unnoticed.

## How do you test for PID?

Go to your local doctor or sexual health clinic.

There is no one single test for PID. If you have any of the symptoms mentioned above, a doctor should examine you and take some tests for chlamydia and other infections. They will also do a vaginal examination, testing for tenderness of the pelvic organs.

Often the doctor will recommend treatment for PID based on the clinical assessment, even before the results of other tests are known.

## Is there any treatment available?

PID is treated with a combination of at least two different antibiotics, for a period of at least 14 days.

## Do partners need treatment?

Sexual partners exposed by vaginal sex without a condom in the past 6 months should be told so they can get tested for chlamydia (plus any other infections) and be treated regardless of symptoms or test results.

## What are the complications of PID?

If you have had PID once you have a higher than average chance of having an ectopic pregnancy (where the pregnancy implants in the fallopian tube rather than in the uterus), infertility (due to scarring of the fallopian tubes), or chronic pelvic pain.

If you get PID again this doubles the risk of these problems occurring. If you have been diagnosed with PID it is important to complete all the medication and take steps to prevent any further pelvic infections.

## How can PID be prevented?

PID can be prevented by:

- using condoms with all new sexual partners;
- seeing a doctor for a chlamydia test if you have recently changed partners;
- seeing a doctor immediately if you have any unusual pelvic pain, or vaginal discharge or bleeding; and
- ensuring that sexual partners are properly assessed to avoid re-infection.

## What else do you need to know?

- When being treated for PID you should finish the whole course of antibiotics. Even if the symptoms improve, the infection may not be completely gone until the whole course is completed.
- Women should avoid sexual intercourse for at least 14 days after commencing antibiotics, and especially for the week after a sexual partner has been treated, to avoid re-infection.
- Women should always return to their doctor for a follow-up visit. This is to check that the infection is improving, that partners have been treated and also to check that no new problems have come up.
- Certain antibiotics may stop the oral contraceptive pill from working. Women on the pill should use condoms if sex cannot be avoided during the antibiotic treatment, and for seven days of hormone pills afterward.