



Pelvic inflammatory disease

You came to the emergency department with pain low in your tummy. The doctor thinks this may be pelvic inflammatory disease, an infection that can be treated with antibiotics at home.

What is it?

Pelvic inflammatory disease (PID) is an infection of the womb, fallopian tubes or ovaries. It is often caused by germs passed on during sex, but not always. It can cause lower tummy pain, fever, unusual discharge, or pain during sex. Treating it early and fully protects your chance of having children in the future.

Looking after yourself at home

- Rest while you feel unwell and drink plenty of fluids.
- Do not have sex until you and your partner have both finished treatment and been checked.
- Your partner or partners should also be tested and treated, even if they have no symptoms.
- A warm pack on your lower tummy may ease the pain.
- If you have a contraceptive coil, do not remove it yourself. Ask your doctor.

Medicines

- Take all your antibiotics exactly as prescribed and finish the whole course, even when you feel better.
- Paracetamol can help the pain, unless your doctor told you not to. Follow the packet or your doctor's instructions.
- Ibuprofen may help too, unless your doctor said no. Avoid it if pregnancy is possible, or with a stomach ulcer, kidney disease or some asthma.

Follow-up

- See your family doctor, women's health or sexual health clinic within 2 to 3 days to check the antibiotics are working.
- Ask for tests for other infections that can be passed on during sex.

Come back to the emergency department or call an ambulance straight away if:

- Tummy pain that is getting worse or becomes severe
- High fever or shaking chills
- Vomiting, so you cannot keep your antibiotics down
- Feeling faint or dizzy, or fainting
- Pain with a late or missed period, or bleeding if you could be pregnant
- Heavy vaginal bleeding



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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