

Pelvic Inflammatory Disease (PID)

PID is a serious infection of the female reproductive organs (uterus, fallopian tubes, and ovaries).

How do I get PID?

PID can be caused by germs from a sexually transmitted infection (STI) like gonorrhea or chlamydia, or an overgrowth of germs that are normally in the vagina. The infection can spread to the reproductive organs. You can also get PID if your cervix is opened during a medical procedure.

How do I prevent PID?

When you're sexually active, the best way to prevent PID is to use condoms for oral, vaginal, and anal sex.

Don't have any sexual contact if you or your partner(s) have symptoms of an STI, or may have been exposed to an STI. See a doctor or go to an STI Clinic for testing.

Get STI testing every 3 to 6 months and when you have symptoms.

How do I know I have PID?

Some females with PID don't have symptoms and don't know they have it, while others may have:

- pain when having sex
- vaginal discharge
- nausea and/or vomiting
- feeling unwell and tired
- pain in the lower abdomen or back
- chills or fever (temperature over 38.5 °C)
- irregular vaginal bleeding

If you have any of these symptoms, see a nurse or doctor right away.

Only a nurse or doctor can diagnose you with PID by doing a pelvic exam to check your reproductive organs.

Is PID harmful?

PID can cause serious health problems like infertility. It can also increase your chance of having a tubal pregnancy and long-term pelvic pain.

These effects can be prevented if you get **early STI testing and treatment**.

How is PID treated?

- PID is treated with antibiotics.
- You and your sexual partner(s) must be tested and treated.
- You can get re-infected if you have unprotected sex with someone before he or she is treated.
- Start treatment **right away** and take all of your medicine, even if you start to feel better.
- Return to the clinic that treated you 2 to 3 days after starting your medicine to make sure you're getting better.
- If your symptoms aren't better, you may need a different treatment.
- If you lose your pills or can't finish them for any reason, go back to the clinic where you were treated.

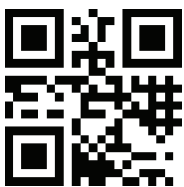
When can I have sex again?

It's important **not** to have sex (oral, vaginal, or anal) until you and your partner(s) have **finished** all of your medicine.

If you still have symptoms, don't have any sexual contact.

For More Information

- STI/HIV Information Line: 1-800-772-2437
- www.myhealth.alberta.ca
- www.sexgerms.com



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