

Acute Pelvic Pain in Women

What is it?

Acute pelvic pain is soreness that's felt in and around your stomach area. The pain may feel short, sharp, dull or fiery. It can be ongoing, or occasional. You might also notice bloating and nausea.

Acute pelvic pain can be mild or serious and there are many causes. A common cause is pelvic inflammatory disease, which is pelvic pain caused by sexually transmitted infections. Another possible cause is an ectopic pregnancy. Your GP will aim to diagnose and treat your pain as soon as possible.

What will my GP do now?

Your GP will aim to identify and treat the cause of your pain. You may be asked to talk about your sexual history, when the pain started, how it feels and any other symptoms. Your GP may also:

- Screen for sexually transmitted infections and pelvic inflammatory disease
- Test for pregnancy and other causes
- Complete a physical examination
- Arrange an ultrasound
- Talk to you about a referral for a gynaecologist if necessary

Your GP might need to wait for your test results to come back before confirming the cause of your pain.

What will my GP do in the future?

Your GP may see you for a review in the next few days to talk about your treatment options and the results of any tests. If your GP still can't confirm what's causing your pain, you might need a specialist referral or more tests.

If you have pain and are pregnant, your GP may continue to monitor you with blood tests and ultrasounds.

What can I do?

It's important to be open and honest with your GP about your sexual health history. If there's a chance you may have a sexually transmitted infection, tell your GP.

Continue to monitor your symptoms, take any medication as instructed and make follow-up appointments. If your pain gets worse, even with treatment, see your GP as soon as possible.

Attend any specialist referral appointments or ultrasounds. If you think you could be pregnant, discuss this with your GP as well.

If you have been diagnosed with pelvic inflammatory disease, your GP will talk to you about letting other partners know as they may need treatment, too.

When should I call an ambulance?



If your symptoms get worse, or if you are pregnant and experience heavy vaginal bleeding along with pain, fever, chills and contractions, phone Triple 0 (000) immediately.

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What questions could I ask my doctor?

- What could be causing my pain?*
- What tests do I need?*
- Is my pain going to be long-lasting?*
- What are my treatment options?*
- Should I see a specialist?*
- When should I make a follow-up review?*
- Can I still exercise?*
- Where can I find out more about my condition?*



Where can I learn more?

- **Better Health Channel** - Abdominal pain in adults: betterhealth.vic.gov.au
- **National Health Service UK** - Pelvic pain: nhs.uk

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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