

PID

Pelvic Inflammatory Disease (**PID**) is a serious infection that is caused by bacteria moving up from the vagina through the cervix (the opening to the uterus), into the uterus, fallopian tubes, or ovaries. These bacteria cause inflammation, pain, and scar tissue. PID is usually caused by gonorrhea or chlamydia, two types of sexually transmitted bacteria. It has also been linked to infections that are not sexually transmitted, such as bacterial vaginosis (BV). PID is the leading cause of infertility (loss of the ability to get pregnant) in women.

How is PID spread?

Most commonly, the bacteria that cause PID are passed from a man to a woman during vaginal sex. Men can have an infection and not know it because they may not have any symptoms (discharge or burning on urination). Women may be infected with gonorrhea or chlamydia without having any symptoms for many months, even years.

How do I know if I have PID?

A woman can have any of the following problems:

- Pain in the belly during sex
- Pain in the lower back
- Mild or severe pain in the lower belly
- Fever, chills, or vomiting
- Unusual bleeding or discharge from the vagina
- There may be **NO** signs of PID

Is PID a serious problem?

Yes! Once harmful bacteria gets into the vagina it can travel up through the cervix, uterus and then out to the fallopian tubes and ovaries. This may cause many long-term problems.

- Scarring and blockage in the fallopian tubes (can't get pregnant in the uterus).
- Scarring around uterus, fallopian tubes, and ovaries (vaginal sex can be painful).
- Pregnancy in the fallopian tubes, instead of the uterus ("ectopic" or "tubal" pregnancy). If this happens emergency surgery is needed and fallopian tube(s) may be removed.
- Each time a woman has PID her chance of future normal pregnancy lowers by 15-30%.

How is PID treated?

- You will be given antibiotic medicines that treat gonorrhea and chlamydia (the most common infections that cause PID). If needed, you may also be given antibiotic medicine to treat other vaginal infections such as bacterial vaginosis (BV).
- You may need to go to the hospital for treatment if your PID is severe.
- Be sure to return to the clinic or hospital for all your follow-up appointments, to make certain the infection is getting better.
- Do not have sexual intercourse for at least 2 weeks, to allow your body to heal completely and to avoid

spreading infection to someone else.

- Finish all your medications, even if you start to feel better before you're done with them.
- Your sex partners (and their partners) must get checked and treated also, or you could be infected again.

What can I do to avoid PID?

- Get an STD check-up if you have had sex without using a condom. Try to get a check-up before your next menstrual period (we think it's easier for bacteria to get up through the cervix at this time).
- Use male or female condoms when you have vaginal sex. Birth control pills, IUDs, implants, the ring, the shot, and the patch can prevent pregnancy, but they do not protect you from STDs, including HIV.
- Avoid douching. Douching can increase the growth of harmful bacteria in the vagina, and it may push bacteria upward toward the uterus and fallopian tubes.
- Plan ahead! Protect yourself!
 - If you're thinking of having sex with a new partner: Talk about STDs, and about having protected, safer sex (with a condom)
 - Suggest an STD check-up for both of you before having sex.

If you contracted PID and you do not know the HIV status of your sexual partner(s), you should be concerned about your increased risk of HIV. Talk to your clinician.

For more information:

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

General STD

www.ashasexualhealth.org (also in Espanol)
www.cdc.gov/std/
www.sfcityclinic.org
www.sfsi.org/

Contraception and STD/sex info

www.bedsider.org

Teens

www.iwannaknow.org
www.amplifyyourvoice.org (also in Espanol)
www.kidshealth.org/teen (also in Espanol)
www.scarleteen.com

For a STD check-up or treatment,
see your doctor, local clinic, or come to:



City Clinic
356 7th Street
(between Folsom and Harrison)
San Francisco, CA 94103
(415) 487-5500
www.sfcityclinic.com