



**You have been given this leaflet because you have had sex with a female who has been diagnosed with pelvic inflammatory disease (PID).**

#### **What is PID?**

PID is an infection of the womb (uterus), fallopian tubes, or pelvis. Infection spreads upwards from the vagina or cervix. It is a very common condition, affecting at least 1 in 50 sexually active women. It can cause lower abdominal pain, pain during sex, and abnormal vaginal bleeding. Men cannot develop PID, as they do not have a womb.

#### **What causes PID?**

Some infections are caused by a bacterium called chlamydia, which is passed on through sex, but in most cases a specific cause is not identified. PID can occur after a procedure which involves opening the cervix, which usually acts as a protective barrier; for instance insertion of a coil, or after a miscarriage or childbirth. There are many different types of bacteria which normally live in the vagina, where they are regarded as "healthy", but if they travel up into the uterus they may cause problems.

#### **Do I need treatment?**

Most partners of women with PID do not have any symptoms. However it is very important that they are also tested and treated. This is because

- Some infections, such as chlamydia, are more easily detected in a man than in a woman. These infections can lie dormant, without causing symptoms, for many years.
- Even if no specific cause is identified, it is important that your partner is also treated, to prevent any infection being passed back and forth between you. PID often occurs in long-standing relationships where both partners are faithful, but it is more likely to recur if both partners are not treated at the same time.
- If women have recurrent PID, they are more likely to suffer complications such as infertility or an ectopic pregnancy.

#### **How can I get tested and treated?**

**We recommend that you do not have sex until you have been tested and treated.**

- Contact your nearest Sexual Health Dorset clinic – visit our website <https://sexualhealthdorset.org> for details or telephone 0300 303 1948.
- If you live in Dorset, you can request a kit for home sampling for STI testing from SH:24 [sh24.org.uk](https://sh24.org.uk); however you will still need to attend a clinic or your GP to get treatment.
- If you do not live in Dorset, see the NHS website <https://www.nhs.uk/> for your nearest clinic.
- Your GP can prescribe treatment for you if you show this leaflet to them (NB FP10 prescriptions endorsed "FS" are dispensed by community pharmacies free of charge).

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#### **Instructions to the clinic or GP practice who sees and treats the contact:**

- *Please screen the contact as appropriate; however as current tests are unreliable, and a specific bacterial cause for PID is rarely identified, empirical treatment should be given even if the results are negative.*
- *Recommended treatments are **doxycycline 100mg bd x 1 week or azithromycin 1g stat, followed by 500mg daily for 2 days.***
- *Contact Sexual Health Dorset for advice if needed, via telephone 0300 303 1948, e-mail, or Consultant Connect.*
- *Please telephone the health adviser at Sexual Health Dorset (0300 303 1948, option 4), to confirm that the contact has been treated, quoting this reference:*

Reference: (Sexual Health Dorset ID or other identifier such as NHS number): \_\_\_\_\_