

PID (Pelvic Inflammatory Disease) What You Need to Know

What is PID?

PID stands for Pelvic Inflammatory Disease. This is an infection of your tubes, uterus and ovaries. Without treatment, PID can cause serious health problems. It is a common and serious complication of some sexually transmitted diseases (STDs).

The signs of PID can be very mild to severe. **The main sign is pain in your lower abdomen.**

You may have some of these other signs:

- Pain during sex
- Bleeding between periods or after sex
- Heavier periods
- More discharge than usual from your vagina
- Fever or chills
- Nausea or vomiting
- Pain when you urinate

How did I get it?

You can get PID when you have gonorrhea, chlamydia or other STDs that are not treated. People get STDs from having sex with someone who is infected. You may have had an STD without knowing it. The only way to know you have PID is to be examined by a health care provider.

The more sex partners you or your partner(s) have, the easier it is for you to get PID.

What should I do?

Get treated.

Your Family PACT provider will give you antibiotic shots, pills or both to cure PID.

If you think you may be pregnant, tell your provider before you start your treatment.

What else do I need to know?

Follow all of your Family PACT provider's instructions.

- You and your sexual partner(s) must get treated for the STD that caused PID. Ask your Family PACT provider how you can get your partner treated.
- Take all of your pills, even if you feel better.
- Do not have sex while you are being treated.
- If you get a body rash, **call your clinic right away.**
- **If you have problems breathing, call 911.**
- Your Family PACT provider will ask you to come back to the clinic in a few days to make sure you are getting better.
- Your provider may also want to test you for other sexually transmitted diseases (STDs). You can have more than one STD at a time. And, you can get PID more than once.

Why should I get treated?

PID is a serious disease. If you don't get treated, you may:

- Have severe pain in your abdomen or chronic pelvic pain.
- Be unable to get pregnant in the future.
- Have a pregnancy outside your uterus.
- Need surgery.

Early treatment can cure PID and will help prevent these health problems.

Protect yourself!

- **Tell your sexual partner(s) to get checked for an STD.** If your partner isn't treated, you can get infected again.
- **Do not have sex with anyone** until you and your partner(s) are cured.
- **Take all your pills and follow your treatment plan.**
- **Go back to see your Family PACT provider** for a follow-up visit when they recommend it.
- **Keep clean, but don't clean inside your vagina with a douche.** The vagina keeps itself clean on its own. Douching can wash away what the vagina needs to keep healthy.
- **Always use a male or female condom when you have sex.** Your Family PACT provider can give you condoms and explain how to use them.
- **Ask your Family PACT provider about getting an HIV test.**
- **Ask your provider where you can get vaccines** that help protect against Hepatitis B and HPV infections.

Resources

To learn more about PID, call the CDC toll-free hotline at 1-800-CDC-INFO (1-800-232-4636).

For more information about the Family PACT program and providers near you, call 1-800-942-1054 or visit www.familypact.org.