

# NIPAWIN HOSPITAL

## PELVIC INFLAMMATORY DISEASE

### Description:

Pelvic Inflammatory Disease refers to all infections that primarily involve the upper reproductive tract, primarily the fallopian tubes.

### Instructions:

- Carefully clean perineal region after urination and after each bowel movement. Wipe front to back.
- Good hand washing is essential following use of washroom or change of peripad.
- Take showers, avoid tub baths
- Take an adequate fluid intake.
- Avoid fatigue.
- Report to physician/nurse:
  - Pain or cramping in the abdomen - mild or severe, occasional or constant
  - Feeling of fullness, bloating or pressure in the abdomen
  - Unusual discharge from the vagina
  - Abnormal periods or bleeding between periods
  - Deep pain with intercourse
  - Lower back pain
  - Fever or chills
  - Urination that is painful or more frequent
  - Nausea
- If you have any pain or fever take regular strength Tylenol.
- Contact your Doctor if there are any problems. Partners must be treated for infection, even if they have no symptoms. It is strongly recommended by Health Canada women should not resume having sex until their partner(s) have been treated. Reinfection is high if partner is not treated