

Monklands Hospital Outpatients Dept
Monkscourt Avenue, Airdrie ML6 0JS
Monday 5.30pm – 8.30pm

Motherwell Health Centre
138 Windmillhill Street
Motherwell ML1 1TB
Tuesday 9.30am – noon

Hunter Health Centre
Andrew Street, East Kilbride G74 1AD
Wednesday 1.30pm – 5pm

Blantyre Health Centre
Victoria Street, Blantyre G72 0BS
Thursday 1.30pm – 4pm

Cumbernauld Health Centre
North Carbrain Road
Cumbernauld G67 1EU
Friday 9.30am – noon

Coatbridge: Health Spot, Coatbridge
Health Centre, 1 Centre Park Court,
Saturday 11am – 2pm

Your own GP
Your own GP should be able to help you
if you have any sexual health concerns,
or advise you where you can go.

Family Planning in Lanarkshire
For details of your nearest
family planning service
phone: 07789 928710

Lanarkshire HIV, AIDS and
Hepatitis Centre
Phone: 01236 712247
(24-hour answering service)

Sexual Health Line
For advice, call 0800 567 123
This line gives advice on all sexually
transmitted infections. Lines are open
24 hours. The call is free and the
phone number will not appear on your
landline bill. Mobile phone costs vary.

Gay & Lesbian Switchboard
Phone: 0141 847 0447, 7pm to 10pm
www.sgl.s.co.uk

Equal
www.equalonline.co.uk
Sexual health information website for
Lesbian, Gay and Bisexual Community
in the West of Scotland

A sexual health check-up is a great
idea if you are sexually active. Sexual
health clinics are happy to see you
for a routine check, even if you are
feeling well.

For more information, or copies of the
other leaflets in this set, please contact
us at:

Health Promotion Department
Resource Library
First Floor, Law House, Airdrie Road
Carluke ML8 5ER
Phone: 01698 377600 Fax: 01698 377726

Or, click on our website:
www.lanarkshiresexualhealth.org
This has details of all family planning
and sexual health services in Lanarkshire.

Leaflet updated: February 2007

Pelvic Inflammatory Disease

What is pelvic inflammatory disease?

Pelvic inflammatory disease (PID) is usually the result of infection which moves up into the womb and tubes, from lower down in the female sex organs (genital tract).

What causes PID?

PID may occur either from bacteria which are already present in the vagina or those which can be passed on during sex, for example chlamydia and gonorrhoea.

When bacteria gets through the cervix (the neck of the womb), PID can sometimes occur.

A thick layer of mucous on the cervix protects against infection entering the womb. Some procedures involve opening the cervix, for example having an intrauterine contraceptive (the coil) fitted or having a minor gynaecological operation. This can make women more prone to PID, especially if there is an

infection already present in the vagina or cervix. However, PID can sometimes occur in women who have not had such a procedure.

What are the symptoms of PID?

Very often your symptoms can be so mild they go unnoticed. If symptoms are present, they may include abdominal pain, bleeding between periods, unusual discharge which is not normal for you and discomfort when you are having penetrative vaginal sex.

Your partner may have symptoms of a genital infection. Even if this is not the case, examination and treatment for the two of you is recommended to reduce the risk of PID coming back.

Is there a risk of fertility problems after PID?

PID can sometimes cause the fallopian tubes to become inflamed and swollen – this can lead to them getting blocked

which may prevent the egg and sperm meeting in the tube. Or there can be a risk of ectopic pregnancy (fertilised eggs developing in the fallopian tube).

It is important to put this risk into perspective. Generally, it depends on how many episodes of PID you have. One episode has a low risk of infertility but the risk increases with each recurrent episode of PID. So, it is important that you and your partner are adequately treated to prevent having more episodes of PID.

How do I know I have PID?

The diagnosis is usually made by a doctor based on your symptoms and a pelvic examination. Swab tests are taken for the various infections which can cause PID and, if necessary, your sexual partner will be offered tests also. This may just be a urine test. A swab test for women is different from a smear test. The smear test is a routine investigation for women

repeated every three years to detect abnormal cells on the cervix.

How is PID treated?

It is usually treated with antibiotic tablets. It is important that you follow the instructions about taking the tablets and complete the course to ensure the infection is treated even if you are feeling better.

You will be advised not to have sex during the course of the treatment and until your partner has also been treated.

If you are on the contraceptive pill, you should continue to take the pill as normal while you are taking your antibiotics. You should also use condoms as well for the first week after you have finished your antibiotics. This is because some antibiotics can affect the pill and make it less effective. Remember, if your partner has not yet been treated, you should wait until they have before having sex.

Following this treatment the doctor will see you again. If your symptoms have not settled then the doctor may recommend a more accurate way of assessing your condition – this is a surgical procedure known as a laparoscopy. Under general anaesthetic a fine telescope (called a laparoscope) is passed through a tiny incision below the belly button so the pelvic organs can be seen. Following this procedure the doctor will be able to decide on how best to proceed with your treatment.

Safer Sex

If you are having sex, condoms can help make it safer and more fun. Try different kinds of condoms and see which ones suit you and your partner. More and more people now find condoms easy and sexy to use. You can get them in lots of colours, shapes and flavours.

You can also get female condoms called Femidoms. They are a tube shape made of very thin material which lines the vagina. You can get free condoms and safer sex advice from any GUM clinic.

Sex toys are safe as long as you don't share them. If you do share them, you can reduce the risk of infection by using a condom over the sex toy. But you must change the condom or wash the toy with hot soapy water each time you transfer it from one person to another.

'C' Card Scheme

You can get free condoms and lube from more than 70 outlets, including some pharmacies, across Lanarkshire.

Phone 01698 85 55 88 or visit www.lanarkshiresexualhealth.org to find your nearest outlet.