The Patient with Pelvic Inflammatory Disease

Thank you for choosing the Medical College of Georgia Hospitals and Clinics for your health care needs. You have had pelvic inflammatory disease. This means you had an infection in your pelvic cavity. This information is to help answer some questions you may have about this disease and to give you instructions to follow for the next few weeks during your recovery period. If you have any other questions, please ask your doctor or nurse.

**Bathing and Hygiene:**

1. Take a shower instead of a tub bath for six weeks.
2. Use sanitary pads instead of tampons.
3. Discharge from your vagina is normal and should gradually decrease over the next two to four weeks.

**Diet:**

4. Continue to eat your normal diet.

**Activity:**

5. Sit instead of lying down to help with drainage of infection.
6. Do not drive while taking prescription pain medication. It may make you drowsy.
7. Take all antibiotics as prescribed until they are all gone.
8. Encourage your sexual partner to be tested for infection, since this is a sexually transmitted disease. He also may require antibiotics.

**Sex:**

9. Do not have sex until after your follow-up visit. Resuming sex should be approved by your doctor.
10. Always practice safe sex. Have your partner wear a condom and use foam.

**Call your doctor if:**

- you have a fever over 100°F.
- you do not have your period.
- you have severe pain in your stomach or back.
- you have vaginal discharge (pus) with a foul (bad) odor.

**Follow-up:**

We will give you an appointment to return to the clinic. It is important that you keep this appointment so that your doctor can be sure you are healing, and to arrange any further care that you might need. If similar symptoms recur, go see your doctor. Untreated Pelvic Inflammatory Disease
could affect your ability to have children in the future.

If you need to talk to your doctor, you can call:

(706)721-____ and ask to speak to your physician or the ________________ physician on call.

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