

# GET YOURSELF TESTED

Testing is confidential. If you are under 18 years old, you can be checked and treated for STIs without parental consent.

## When can I have sex again?

You should wait until you and your partner(s) have finished your medicine and your infection is gone before you have oral, vaginal, or anal sex again. If you finish your medicine and you still have symptoms, return to your provider.

## Can I get this infection again?

Yes. You are definitely at risk of getting PID again if you have oral, vaginal, or anal sex and your partners have not been treated for any STIs they may have.

Some people get PID again, even if they are not re-infected. This is because their first infection was not fully treated.

## How can I prevent PID?

Use latex or polyurethane condoms every time you have oral, anal, or vaginal sex. This will lower your chances of having PID again. But, using condoms will not totally stop your risk of giving or getting an STI that can lead to PID. This is because condoms are not 100% effective. Condoms do help prevent the spread of other STIs.

If you are sexually active, you and your partners should get a full physical checkup. This includes a complete sexual history and testing for HIV and common STIs such as gonorrhea, chlamydia, syphilis, herpes, genital warts, and trichomoniasis.

## Will anyone know the results of the exams?

The test results and any treatment will be kept absolutely confidential. No one can find out your results, except you. If you are under 18 you can be checked and treated for STIs without getting permission from your parents.

## To learn more

Contact a health care provider or your local STI clinic.

To learn more about STIs, or to find your local STI clinic, visit [www.health.ny.gov/STD](http://www.health.ny.gov/STD).

You can find other STI testing locations at <https://gettested.cdc.gov>.



# Pelvic Inflammatory Disease



Department of Health

Most women treated for PID are under the age of

25

PID can be cured with antibiotics.



Untreated PID can lead to infertility (difficulty getting pregnant). Early treatment can help prevent this.



## What is Pelvic Inflammatory Disease?

Pelvic Inflammatory Disease, or PID, is an infection of the female reproductive system. This includes the uterus, fallopian tubes, ovaries, and inside the lower belly (abdomen). About 1 million women are treated for PID each year in the United States. Most women treated for PID are under the age of 25.

## What causes PID?

PID is often caused by sexually transmitted bacteria that spread from the vagina and cervix, causing an infection of the upper reproductive organs. Two sexually transmitted infections (STIs) — chlamydia and gonorrhea — are the main cause of PID. But, bacteria that are usually found in the vagina may sometimes cause PID.

Most people have an STI before they get PID. But, not everyone gets PID by having sex.

You are more likely to get PID if you:

- are sexually active under age 25;
- have an STI and don't get treated;
- have more than one sex partner or have a sex partner that has sex with others;
- use an IUD (intrauterine device) for birth control; or
- douche.

Once you have had PID, you have a greater chance of getting it again.

## What are the signs and symptoms?

It can sometimes be hard to know if you have PID.

Some signs and symptoms are:

- pain in your abdomen (lower belly). This is the most common symptom;
- unusual bleeding or discharge (fluid) from the vagina;
- pain or bleeding during or after sex;
- a fever; or
- upset stomach with or without nausea or vomiting.

When PID first starts, you may not notice any signs. Or, you may have only mild symptoms. If you think you could have PID, it is very important to get tested, and treated if you have it. Otherwise, it may cause permanent damage to your reproductive system.

## Can PID cause other problems if it's not treated?

Yes. Untreated PID can lead to one or more of these problems:

- Infertility (difficulty getting pregnant).
- Ectopic pregnancy (baby growing outside the uterus). This is more common in teens, and can lead to death of both mother and baby.
- Pain in your abdomen (lower belly) that becomes chronic (doesn't go away).

## How will I know if I have PID?

To know for sure, you should visit a health care provider for a complete physical, including a pelvic exam. Your provider will look for pain or signs of swollen pelvic organs. They will also send samples of your cervical and vaginal fluids to a lab. The lab will check to see if you have gonorrhea, chlamydia, or any other STIs.

## Is there a cure?

Yes. Antibiotics can cure PID, but treatment may not undo damage caused by the infection. It is very important to get treated for PID as soon as possible. Even if your symptoms are mild, PID can still cause problems. Your provider will give you medicine to treat the infection. You will probably have to follow up with your provider, usually within three days. This is very important to make sure you are getting better. If your symptoms are severe, you may need to be treated in a hospital. Some cases of PID may need surgery.

## What about my partner(s)?

This is very important! A health care provider should examine and treat all your sex partners. This includes anyone who has had sexual contact with you in the last two months. While many partners may not notice any symptoms, they still need to be checked for infection. If your partner(s) have an STI and are not treated, you may get PID again.