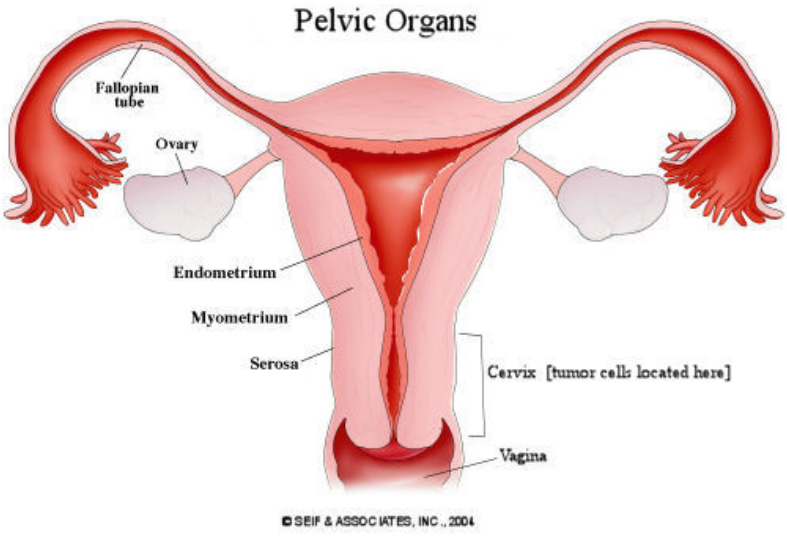
Pelvic Inflammatory Disease (PID)

Pelvic inflammatory disease (PID) is an infection of some, or all, of the female pelvic organs. PID is caused by germs (*bacteria*).



HOME CARE

- Take all medicine as told by your doctor, especially the ones that kill germs (*antibiotics*).
- Only take over-the-counter medicine for pain and discomfort as told by your doctor.
- Keep your follow-up appointments.
- Sit in warm water (*sitz baths*) or use warm packs on your lower belly (*abdomen*). Do this 3 to 4 times a day for 20 minutes.
- Get rest, drink fluids, and eat a balanced diet.
- **Do not** have sex until the infection is gone. Do so only after your doctor says it is okay.
- Tell your sex partner you have PID. He or she may need treatment. It may be a sexually transmitted disease (STD).

GET HELP IF:

- You have a temperature by mouth above 102° F (38.9° C).
- You develop an increase in belly pain.
- You start to get the chills.
- You have pain when you pee (*urinate*).
- Your sex partner tells you he or she has an STD.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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