

## Female Pelvic Pain Referral

### Diagnosis/Definition

- Abdominal pain focused primarily in the pelvis or lower abdomen that is of an ongoing nature (greater than three months).
- Pain may or may not be associated with menses, intercourse, or accompanied by vaginal discharge.

### Initial Diagnosis and Management

- History of pain originating in or referred to the pelvis. Bimanual examination, Aptima for GC and Chlamydia, urinalysis with reflex culture.
- Evaluation of GI and GU tracts and psychiatric evaluation (when appropriate).
- Rule out pregnancy: BHCG.
- Pelvic ultrasound
- Management: The primary care physician may consider a trial of NSAIDs and/or oral contraceptive pills (OCPs) prior to referral for specialty evaluation.
- If the BHCG is positive, please see the Bleeding in Early Pregnancy Referral form

### Indications for Specialty Care Referral

- After appropriate diagnostic work-ups and persistent pain after a three-month trial of NSAIDs or OCPs.
- If the BHCG is positive, please see the Bleeding in Early Pregnancy Referral form

### Customer Owner Information

- Dependent on etiology:
  - If starting oral contraceptive agents, please warn the CO she may develop irregular bleeding within 3-4 months of initiation and before her symptoms improve
  - Please see Infertility Referral form