

Chronic pelvic pain

This is defined as intermittent or constant pain in the lower abdomen or pelvis of at least 6 months duration, not occurring exclusively with menstruation or intercourse and not associated with pregnancy. Routine referral to Sandyford or Local Hospital Gynaecology Department using the Other template, NB do not refer to Sandyford if Laparoscopy is required

Suggested GP actions

- Offer screening for sexually transmitted infections if appropriate
- Check recent smear result
- if symptoms suggestive of IBS/constipation, offer dietary advice and a trial of soluble fibre (eg fybogel) plus antispasmodic medication and/or peppermint oil.
- Red flag symptoms should be excluded and, if identified, managed appropriately eg new bowel symptoms >50 years, new pain post-menopause, pelvic mass, excessive weight loss, rectal bleeding
- In women with cyclical pain, a 3-month trial of hormonal treatment (eg combined hormonal contraception or cerazette) should be considered

Information for patients

- A transvaginal scan may be performed but laparoscopy is not now generally considered to be a first-line investigation
- RCOG guideline: www.rcog.org.uk/womens-health/clinical-guidance/long-term-pelvic-pain-information-you.