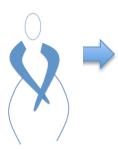
Patient presents with history of persistent pelvic pain



History and examination

Assess:

- Symptom pattern and character
- Abdomen +/- VE +/- speculum
- Mood/ anxiety
- IBS/ interstitial cystitis symptoms
- Request TA/TV USS

Consider:

- Sexual health screening
- Ca125
- Pelvic health physio referral

Doesn't meet referral criteria



Management to consider

Suggested referral criteria to a general gynae clinic:

- Women who feel that they have not had an adequate explanation of their pain in primary care
- Patients with uncontrolled pain despite initial treatment (trialled for 3-6 months)
- Frequent attenders to both GP and emergency services
- Patients at risk of self-harm
- Consider referring anyone with red flag symptoms under the 2WW pathway

Meets referral criteria





Consider trialing initial management if not tried already while awaiting referral

keep a record of symptoms for 2-3 menstrual cycles/ months

Medical

- Analgesia
- Hormona
- Antispasmodics
- Antidepressants

Non-medical

- Counseling/ talking therapies
- Diet amendments
- Social prescribing
- Exercise referral scheme
- Yoga/ Mindfulness
- Western acupuncture