



Chronic Pelvic Pain

What is chronic pelvic pain?

Chronic pelvic pain is constant pain felt in the lower abdominal region where the pain may persist for longer duration, and/or for more than six months.

What is the cause of chronic pelvic pain?

Chronic pelvic pain can be caused by different conditions that may or may not be related to reproductive organs such as pain from bowel or urinary tract conditions. A cause for the pain may be unknown in some cases.

What are the symptoms?

Symptoms can be quite variable between individuals. The common symptoms include pain during periods, ovulation, intercourse, and pain when passing urine or bowel movements, or lower back pain.

What are the investigations for chronic pelvic pain ?

Chronic pelvic pain is diagnosed mainly based on your medical history. Other tests such as ultrasound, or operative procedures including laparoscopy, cystoscopy, colonoscopy and sigmoidoscopy are performed to look for the cause of your pain.

What are the treatment options?

There are several treatment options to relieve chronic pelvic pain. They include medications, physical therapy, nutrition and surgery. Lifestyle changes such as maintaining a good posture, dietary modifications and regular exercise help reduce pain. Pain medications such as nonsteroidal anti-inflammatory drugs may relieve pelvic pain. Some pain may respond to hormonal treatments. Other supplements such as evening primrose oil, Vitamin B1 and magnesium supplements may also help reduce pain. Surgery is also often considered as another treatment option.