

Pelvic Pain

A Practical Guide For Patients



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Introduction: Pelvic Pain

Pelvic pain is discomfort felt in the lower abdomen or pelvic area. It may range from mild pressure to severe cramping and can be related to digestive, urinary, reproductive, or musculoskeletal conditions.

Pelvic pain may develop from lifestyle factors, inflammation, infection, bowel issues, or underlying medical conditions. Early evaluation and proper management can help identify the cause, relieve symptoms, and improve quality of life.

Key Takeaways

- Pelvic pain can affect daily comfort, movement, digestion, urination, and overall quality of life.
- Management may include lifestyle changes, medications, diagnostic testing, or specialist care based on the cause.
- Individualized care plans are important for long-term relief and proper symptom control.



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What Causes Pelvic Pain?

Known Causes:

- Digestive disorders such as constipation or irritable bowel syndrome (IBS)
- Urinary tract infections or bladder conditions
- Inflammation or infection in the pelvic region
- Muscle spasms or pelvic floor dysfunction
- Gynecological conditions in women
- Reproductive system disorders
- Nerve irritation or compression
- Scar tissue from previous surgeries
- Hernias or structural abnormalities



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Common Signs & Symptoms

People with pelvic pain often experience discomfort that can interfere with daily activities, work, exercise, and overall quality of life. Recognizing both early and severe symptoms is important for identifying the underlying cause and receiving appropriate treatment.

Core Symptoms Include:

- Cramping or aching pain in the lower abdomen or pelvic area
- Persistent pelvic discomfort or pressure
- Pain that worsens with sitting, standing, movement, or certain activities



Severe cases can also cause:

- Pain during bowel movements or urination
- Pain that comes and goes or remains constant
- Lower back pain associated with pelvic discomfort

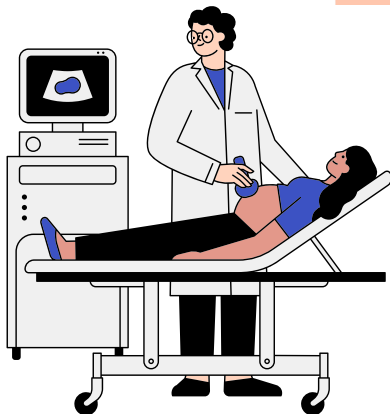
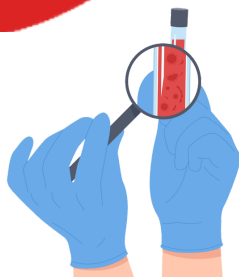


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Diagnosis & Medical Testing

Diagnosis and medical testing for pelvic pain start with a detailed review of your symptoms, medical history, and a physical exam to understand the location, pattern, and severity of the pain. Your doctor may order blood tests, urine tests, stool tests, or imaging studies to check for infection, inflammation, digestive issues, urinary problems, or reproductive health concerns. Tests such as ultrasound, CT scan, MRI, or pelvic exam may help identify the underlying cause and guide proper treatment.

Diagnostic Tools:



- Pelvic examination
- Blood tests
- Urine analysis and urine culture
- Stool testing (if digestive symptoms are present)
- Pelvic ultrasound
- Abdominal ultrasound
- CT scan
- MRI scan
- Colonoscopy or sigmoidoscopy (when digestive conditions are suspected)
- Cystoscopy (to evaluate bladder conditions)



Pelvic pain can affect day-to-day activities such as walking, sitting, exercising, working, sleeping, and social interactions. Depending on the cause and severity, people may need to adjust their routines, limit certain activities, or seek medical care to manage symptoms and improve their quality of life.

Key Insights:

- **Stay hydrated to support bladder, bowel, and overall pelvic health.**
- **Eat fiber-rich foods if constipation is contributing to pelvic discomfort.**
- **Avoid foods that trigger bloating, gas, or digestive flare-ups.**
- **Limit caffeine, alcohol, and carbonated drinks if they worsen bladder or pelvic symptoms.**
- **Use warm compresses or heating pads to relax pelvic muscles.**
- **Practice gentle stretching, walking, or pelvic floor relaxation exercises.**
- **Avoid prolonged sitting if it increases pelvic pressure or pain.**



Medications & Treatment Options

Medications for pelvic pain may include anti-inflammatory medications, muscle relaxants, antibiotics for infections, hormonal therapies, bladder medications, or pain relievers. Treatment depends on the underlying cause, severity of symptoms, and individual health needs.

Treatment Options

- **Anti-inflammatory medications**
- **Pain relievers**
- **Muscle relaxants**
- **Antibiotics for infections**
- **Hormonal therapy when appropriate**
- **Medications for bladder conditions**
- **Treatment for constipation or digestive disorders**
- **Pelvic floor physical therapy**
- **Nerve pain medications**



Advanced Therapies & Procedures

Advanced therapies and procedures for pelvic pain may include pelvic floor physical therapy, minimally invasive procedures to diagnose or treat underlying conditions, nerve blocks for chronic pain, and specialized treatments targeting digestive, urinary, or reproductive disorders.

Therapy Options:

- **Pelvic floor physical therapy**
- **Diagnostic laparoscopy**
- **Colonoscopy or sigmoidoscopy when digestive causes are suspected**
- **Cystoscopy for bladder-related conditions**
- **Nerve block injections for chronic pelvic pain**
- **Trigger point injections**
- **Hormonal therapies for gynecological conditions**
- **Minimally invasive surgical procedures**



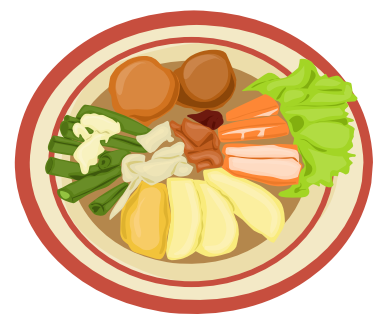
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Coping With Pelvic Pain

Coping with pelvic pain involves identifying triggers, maintaining healthy habits, and following your treatment plan. Simple lifestyle adjustments can often help reduce discomfort and improve daily function.

Practical Strategies

- **Stay hydrated throughout the day**
- **Manage stress with relaxation techniques or mindfulness**
- **Use a heating pad or warm bath to ease discomfort**
- **Practice gentle stretching and physical activity as tolerated**
- **Avoid activities that worsen pelvic pain**
- **Maintain regular bowel habits to prevent constipation**
- **Follow a balanced diet and identify food-related triggers**
- **Get adequate sleep and rest**
- **Keep a symptom diary to track pain patterns and triggers**



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Q1: What is pelvic pain?

A: Pelvic pain is discomfort felt in the lower abdomen or pelvic region. It may be sharp, dull, cramping, constant, or intermittent and can affect daily activities and quality of life.

Q2: What are common causes of pelvic pain?

A: Pelvic pain can result from digestive disorders, urinary tract conditions, infections, pelvic floor dysfunction, reproductive health conditions, nerve irritation, or inflammation within the pelvic area.

Q3: When should I see a doctor for pelvic pain?

A: You should see a doctor if pelvic pain is severe, persistent, worsening, or accompanied by fever, vomiting, abnormal bleeding, urinary symptoms, blood in the stool, or unexplained weight loss.

Q4: How is pelvic pain diagnosed?

A: Diagnosis may include a physical examination, blood tests, urine tests, imaging studies such as ultrasound or CT scans, and other specialized tests based on your symptoms.



Q5: Can pelvic pain be treated?

A: Yes. Treatment depends on the cause and may include medications, lifestyle changes, physical therapy, treatment of underlying conditions, or specialized procedures when necessary.

Book a Consultation with Our GI Specialist

SCHEDULE AN APPOINTMENT



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