



# Seeing your doctor about persistent pelvic pain

It's important to see your doctor if you have persistent pelvic pain (PPP).

PPP is a complex condition, so book a long appointment to discuss your concerns. It also helps to come prepared with information about your pain.

You can use this form to record information before and during your appointment.

## What to take to your appointment

It's a good idea to give your doctor as much information about your pain as possible. This will help them investigate potential causes.

For example, you can bring:

- a record of your symptoms (e.g. a pain diary)
- x-rays and other scans, such as pelvic ultrasound reports
- a list of any medicines, vitamins, supplements or herbs you've been taking
- a list of health professionals you have seen for your pain, including any letters.

You can also ask someone to come with you if you need support.

## About your pain

Before your appointment, list important information about your pain. For example, when you have pain, where your pain is located and how the pain affects you. You can also write what the pain feels like (e.g. sharp, cramping, dull ache) and anything that makes the pain better or worse.

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## Things you've tried

List things you've tried to help manage your pain (e.g. heat packs, acupuncture, pelvic floor physiotherapy) and include if it has helped or not.

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## During the appointment

During the appointment, your doctor will ask questions about your pain and the way you move. They may also ask to examine your tummy, pelvis, vagina or vulva. You can tell them if you are uncomfortable with any of these examinations.

## Next steps

It's a complex process to diagnose and manage persistent pelvic pain.

Your doctor might:

- refer you to one or more healthcare professionals (e.g. a gynaecologist, pain specialist, physiotherapist or psychologist)
- suggest you try different medical and non-medical treatments to help manage your pain
- organise other tests (e.g. an ultrasound).

You can record next steps here.

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For more information, resources and references, visit the [jeanhailes.org.au/health-a-z/persistent-pelvic-pain](https://jeanhailes.org.au/health-a-z/persistent-pelvic-pain)

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Disclaimer: This information does not replace medical advice. If you are worried about your health, talk to your doctor or healthcare team.

We write health information for people with diverse backgrounds, experiences and identities. We use the term 'women', but we acknowledge that this term is not inclusive of all people who may use our content.

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