

Department of Obstetrics & Gynecology

GYNECOLOGICAL PAIN GUIDE

Yale HEALTH



If you experience:

- ⦿ Frequent and/or painful urination.
- ⦿ Intense discomfort during pelvic exams.
- ⦿ Pain during sex or while inserting tampons.

You're not alone!

One in four people with vaginas experience chronic vulvovaginal pain in their lifetime.

However, you don't have to live with these symptoms.

Most vulvovaginal pain is treatable.

It is important not to dismiss your symptoms — you know your body better than anyone else. If you are experiencing chronic vulvovaginal pain, you deserve care and treatment. Do not hesitate to bring up the pain you are experiencing and any other associated symptoms during your next visit to Yale Health's OB / GYN Department. Our team is committed to working with you to help treat your vulvovaginal pain.

Get started by visiting your primary gynecological care provider at Yale Health.

Take note of the symptoms you are experiencing:

When does it hurt?

- Before, during, or after sex?
- During a pelvic exam?
- While riding a bicycle or participating in a similar activity?
- With light touch, certain undergarments, and/or during urination?
- Only at certain times of the month?

How does it hurt?

- Is it a sharp pain or a dull pain?
- Is it burning, stinging, or itching?
- Is it throbbing or aching?

Where does it hurt?

- Deep inside?
- At the entrance?

How frequent is your pain?

- Constantly, never going away?
- Only during specific activities?
- Sporadically, coming and going?
- Unpredictable?

Is it associated with other symptoms, such as:

- Bleeding during intercourse?
- Vaginal dryness?
- Hip, abdominal, or back pain?
- Constipation or leaking?

Noting symptoms and discussing them with your provider can help lead conversations toward the best diagnosis, treatment, and care for you.

Vulvovaginal pain is complex and may have many causes. Treatments are available to help relieve or lessen your pain.

What conditions are associated with vulvovaginal pain?

Vulvodynia: Pain around the opening of the vagina or vulva. The pain may be only when the area is touched (as during sex or tampon insertion) or constant.

High-tone pelvic floor/pelvic floor dysfunction:

This is a neuromuscular disorder that occurs when the pelvic floor muscles are constantly involuntarily contracting or spasming and can't relax.

Endometriosis: A condition that occurs when tissue similar to the lining of the uterus, called the endometrium, grows outside of the uterus.

Lichen sclerosus: A condition that causes patchy, discolored, thin skin.

Interstitial cystitis: A chronic condition causing bladder pressure, bladder pain and sometimes pelvic pain.

These are just some conditions that can cause vulvovaginal pain. It is important to work together with a medical provider to identify the cause and best plan of treatment for your pain.

What treatments are available for vulvovaginal pain?

Pelvic floor physical therapy

Dilators

Topical creams

Oral medications

Surgery



For more information, please visit the National Vulvodynia Association www.nva.org



Connect with Tight Lipped, a community of patients with these conditions!

Welcome to Yale Health

Yale Health is a not-for-profit, physician-led health insurance option exclusively for members of the Yale community. In fact, over 75% of all Yale faculty and staff are Yale Health members.

Located in a state-of-the-art medical center on campus, Yale Health offers a wide variety of health care services on-site including primary care, specialty care, 24/7 acute care, radiology, blood draw, and pharmacy. When your condition requires more specialized care or a hospitalization, there's an extensive network of specialists drawn largely from the faculty at Yale School of Medicine. With Yale Health, emergency care is covered anywhere in the world.

There is no limitation for pre-existing conditions, and most preventive, diagnostic and treatment services involve no deductible and no claim forms.

Building Guide by Floor

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|---|---|
| LL Behavioral Health
Blood Draw
Diagnostic Imaging
Eye Care
Sexual Harassment
and Assault Response
& Education (SHARE) | 2 Allergy & Immunization
Employee Health
Nutrition
Obstetrics & Gynecology
Physical Therapy
Specialty Services
Varsity Athletic Medicine |
| 1 Acute Care
Café
Health Information
Management
Internal Medicine
Member Services
Moreson H. Kaplan
Conference Center
Pharmacy | 3 Business Office
Dermatology
Mental Health and Counseling
Pediatrics
Student Health |
| | 4 Care Management
Endoscopy
Executive Suite
Infusion and Medication
Administration Center
Inpatient Care
Healing Garden |

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Yale Health

Obstetrics and Gynecology

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