

English	简体中文 Simplified Chinese (Mandarin)
<p>Pelvic inflammatory disease</p> <p>Pelvic inflammatory disease (PID) is an infection of the female upper genital tract, including the womb, fallopian tubes and ovaries.</p> <p>How do I get PID?</p> <p>Most cases of PID are caused by an infection in the vagina or the neck of the womb (cervix) that has spread higher up.</p> <p>Many different types of bacteria can cause PID, but most cases are the result of a chlamydia or gonorrhoea infection.</p> <p>In some cases, the cause of the infection that leads to PID is unknown. Such cases may be the result of normally harmless bacteria found in the vagina. These bacteria can sometimes get past the cervix and into the reproductive organs. Although harmless to the vagina, these types of bacteria can cause infection and symptoms in other parts of the body.</p>	<p>盆腔炎</p> <p>盆腔炎（PID）是女性上生殖道的感染，包括子宫、输卵管和卵巢。</p> <p>我是怎么患上盆腔炎的？</p> <p>盆腔炎大多数情况是由阴道或子宫颈部（子宫颈）的感染（已向上扩散）引起的。</p> <p>许多不同类型的细菌均可引起盆腔炎，但大多数情况是衣原体或淋病感染导致的。</p> <p>在某些情况下，导致盆腔炎的感染原因尚不清楚。这些情况可能是由阴道内平常一般无害的细菌导致的。这些细菌有时会越过子宫颈进入生殖器官。尽管对阴道无害，但是这些类型的细菌会在身体的其他部位引起感染和症状。</p> <p>盆腔炎的症状</p>

Symptoms of PID

The symptoms of Pelvic Inflammatory Disease (PID) are fairly general, which means the condition can be difficult to diagnose. The symptoms may include:

- pain around the pelvis or lower abdomen
- discomfort or pain during sex that is felt deep inside the pelvis
- bleeding between periods and after sex
- unusual vaginal discharge, especially if it's yellow or green
- fever and vomiting
- pain in the rectum (back passage)

Other consequences of PID can include abscesses, ectopic pregnancies and infertility.

Abscesses

Sometimes, PID can cause abscesses in the fallopian tubes and/or ovaries.

盆腔炎（PID）的症状相当普遍，这意味着该病可能难以诊断。症状可能包括：

- 骨盆或小腹疼痛
- 性交时骨盆深处感觉到不适或疼痛
- 月经之间和性交后出血
- 白带异常，尤其是如果白带呈黄色或绿色
- 发烧和呕吐
- 直肠(后面的通道)疼痛

盆腔炎的其他后果可能包括脓肿、异位妊娠和不育。

脓肿

有时，盆腔炎会引起输卵管和/或卵巢脓肿。

脓肿是感染液的集合。通常可以用抗生素治疗。如果脓肿对抗生素无反应，则可能需要进行手术引流排出感染液。

An abscess is a collection of infected fluid. It can usually be treated with antibiotics. If an abscess does not respond to antibiotics, you may require surgery to drain the infected fluid.

It's important that abscesses inside the pelvis are either treated or removed, as an abscess that bursts inside you can be potentially life threatening.

Ectopic pregnancy

The word 'ectopic' means in the wrong place. In a normal pregnancy, the fertilised egg implants in the womb lining. An ectopic pregnancy is one that occurs outside the womb.

Over 95% of ectopic pregnancies occur in a fallopian tube. If PID develops in the fallopian tubes, it can scar the lining of the tubes, making it more difficult for eggs to pass through.

If a fertilised egg gets stuck and begins to grow inside the tube, it can cause the tube to burst, which can sometimes lead to severe internal bleeding. Ectopic pregnancy is a potentially fatal condition if not recognised and treated.

骨盆内部的脓肿必须得到治疗或切除，这很重要，因为脓肿在体内破裂的话可能会危及生命。

异位妊娠

“异位”一词的意思是错误的位置。在正常妊娠中，受精卵会植入子宫内膜。异位妊娠是在子宫外发生的妊娠。

超过95%的异位妊娠发生在输卵管中。如果盆腔炎发展到输卵管中，则可能使输卵管内壁结疤，从而使卵子更难通过。

如果受精卵被卡住并开始在输卵管内生长，则可能导致输卵管破裂，有时会导致严重的内部出血。异位妊娠如果没被发现和治疗，是一种潜在的致命疾病。

不孕症

据估计，每10名女性中就有1名因盆腔炎而变得不孕，且在那些延迟治疗、严重感染和/或反复发作的女性中，发生风险最高。

不孕不育意味着自然受孕会更加困难。盆腔炎会导致输卵管结疤，因此卵子不能向下进入子宫，从而导致不孕不育。

盆腔炎检查

Infertility

It's estimated that one in 10 women may become infertile as a result of PID, with the highest risk in those with delayed treatment, severe infection and/or repeated episodes.

Infertility means that it can be more difficult to get pregnant naturally.

PID can cause infertility by scarring the fallopian tubes so an egg can't travel down into the womb.

Testing for PID

If you think you have PID you can make an appointment with your GP or local sexual health services.

There is no single test for diagnosing PID. Your doctor will diagnose PID based on your symptoms and on an examination, in addition to tests.

When your doctor examines you, they will look for tenderness in your pelvic region and an abnormal vaginal discharge. This will usually involve a gentle internal examination by the doctor or nurse which might feel a little uncomfortable.

如果您认为自己患有盆腔炎，您可以与您的全科医生或当地的性健康服务预约。

没有单一的一项测试用来诊断盆腔炎。除测试外，医生还将根据您的症状和身体检查来诊断您是否患有盆腔炎。

当医生对您进行检查时，他们会检查您的骨盆部位是否有压痛以及是否有异常的白带。这通常需要医生或护士进行轻柔的内部检查，您可能会感到有些不适。

医生通常会从您的阴道和子宫颈内部取出拭子，然后将其送往实验室以识别引起感染的细菌类型。但是，不能依靠拭子测试来诊断盆腔炎，因为某些患有盆腔炎的女性拭子测试结果为阴性。

您可能需要进行血液检查或超声波扫描。扫描可以识别出严重的盆腔炎，但不会显示轻度疾病。有可能扫描结果正常但仍然患有盆腔炎。

网上预定预约

您可能可以通过网上预约系统在线预订性传播感染疾病测试的预约。不同地区的NHS有所不同。

The doctor will usually take swabs from inside your vagina and cervix, which will be sent to a lab to try to identify the type of bacteria causing the infection. However, a swab test can't be relied on to diagnose PID, as some women with PID have a negative swab result.

You may have a blood test or an ultrasound scan. Scans can identify severe PID but will not show up mild disease. It's possible to have a normal scan and still have PID.

Online appointment booking

You may be able to book an appointment for an STI test online using the online booking system. This varies for different NHS board areas.

Treatment for PID

If it's diagnosed at an early stage, PID can be treated quickly and efficiently with antibiotics. You will probably be given antibiotics to take by mouth for at least two weeks.

Severe cases may be admitted to hospital for observation and treatment with antibiotic injections.

[性健康服务网上预约系统](#)

盆腔炎的治疗

如果在早期阶段被诊断出，用抗生素可以快速有效地治疗盆腔炎。您可能被要求口服抗生素至少两周。

严重的病例可能需要入医院进行观察并通过注射抗生素来治疗。

如果您认为自己可能患有盆腔炎，请务必去看医生或护士，因为越早接受治疗越好。如果接受治疗，请务必确保服用所有抗生素并完成整个疗程。

我们建议您的伴侣（们）进行治疗，并且在治疗结束之前避免性行为。

降低患盆腔炎的风险

预防盆腔炎的最有效方法是保护自己不感染性传播感染疾病（STI）。

Always see your doctor or nurse if you think you might have PID, as the sooner you are treated, the better. If you're given treatment, always make sure that you take all of your antibiotics and finish the entire course.

It's advised that your partner(s) are treated and that you avoid sex until your treatment is completed.

Reducing the risk of PID

The most effective way to prevent PID is to protect yourself from sexually transmitted infections (STIs).

This means using a condom for vaginal or anal or oral sex.

STI's

If you have been diagnosed with pelvic inflammatory disease it's recommended you get tested for all STI's including:

- chlamydia
- gonorrhoea
- syphilis

这意味着使用避孕套进行阴道性交、肛交或口交。

其他性传播感染疾病

如果您被诊断出盆腔炎，建议您对所有性传播感染疾病进行测试，包括：

• [衣原体](#)

• [淋病](#)

• [梅毒](#)

For more information in Chinese go to
www.nhsinform.scot/translations/languages/chinese

更多有关的中文信息，请前往
www.nhsinform.scot/translations/languages/chinese