

CERVICITIS

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

10.11

DESCRIPTION

Cervicitis is an inflammation of the cervix (the opening to the uterus) usually caused by an infection. The infection may be due to several different types of bacteria. Cervicitis may also be due to a sexually transmitted infection (STI).

FREQUENT SIGNS AND SYMPTOMS

- Sometimes no symptoms during early stages.
- Vaginal discharge.
- Reddening of the vagina.
- Abdominal pain.
- Fever.
- Discomfort on urinating.
- Genital discomfort.
- Pain or bleeding with intercourse.

CAUSES

- Infection
- Trauma from intercourse
- Incorrect use of diaphragm or cervical cap
- Reaction to allergen, e.g. latex in condoms; spermicide

RISK INCREASES WITH

- Unprotected sexual intercourse.
- General poor health.
- Diaphragm or cervical cap use.
- Prolonged tampon use.

PREVENTIVE MEASURES

Use condoms during sexual activity. Correct use of diaphragm or cervical cap.

EXPECTED OUTCOME

Complete cure with appropriate treatment.

POSSIBLE COMPLICATIONS

Infecting one's sexual partner if related to a sexually transmitted infection. Infection in the reproductive system, possibly leading to sterility.

GENERAL MEASURES

Diagnostic tests may include vaginal smear, rectal smear and urethral smear for laboratory analysis. Testing for other sexually transmitted infections is recommended. Keep the genital area clean. Use plain unscented soap. Wear cotton underpants or panty hose with a cotton crotch. After urination or bowel movement, cleanse by wiping or washing from front to back (vagina to anus). Avoid douches. If you have diabetes, adhere strictly to your treatment program. Avoid pants that are tight in the crotch and thighs. Change tampons frequently, at least every 4 to 6 hours.

MEDICATION

Oral antibiotics as indicated.

ACTIVITY & DIET

Delay sexual relations until treatment is completed and symptoms are gone. If sexually transmitted infection is the cause, sexual partners will need to complete treatment before resuming sexual relations. No special diet.

FOLLOW-UP

Follow-up as recommended by the medical provider.

NOTIFY OUR OFFICE IF...

- Symptoms persist longer than one week or worsen despite treatment
- Unusual vaginal bleeding, unusual vaginal discharge, vaginal odor or swelling develops
- Abdominal pain, nausea, or vomiting
- Fever over 101°
- Painful intercourse

Student Health Center



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This information is for educational purposes only. Consult your doctor for specific medical advice, diagnosis and treatment.

618-453-3311

Dial-A-Nurse is available after-hours until 10:30 p.m. during fall and spring semesters. In case of emergency dial 911.