**Facing Pelvic Pain**

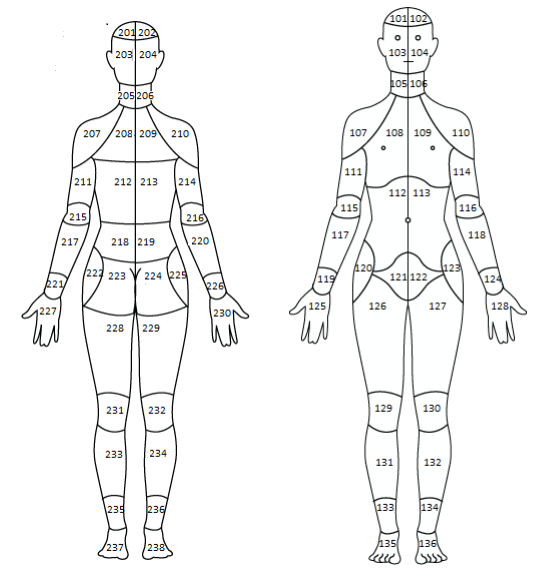
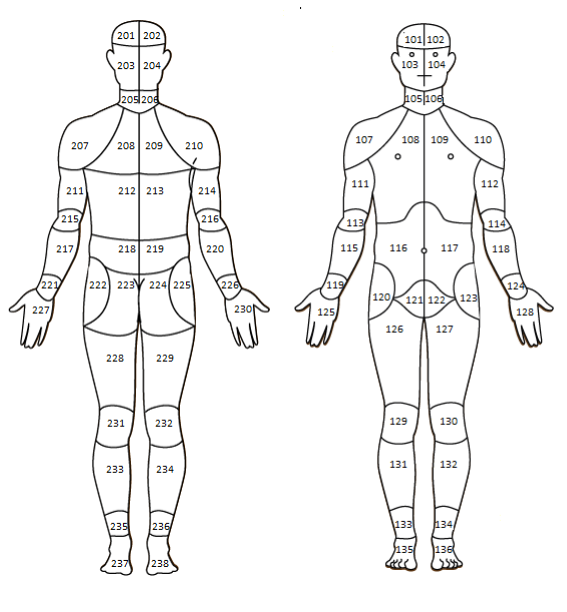
**TREATMENT MAP**

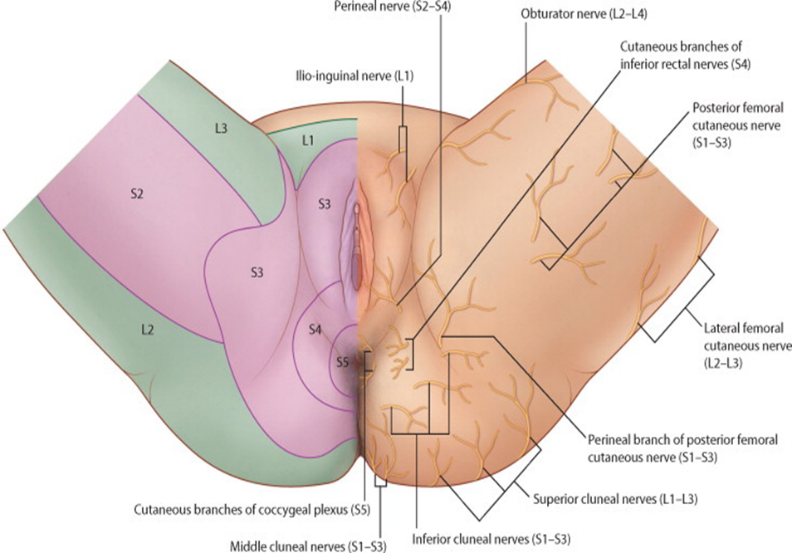
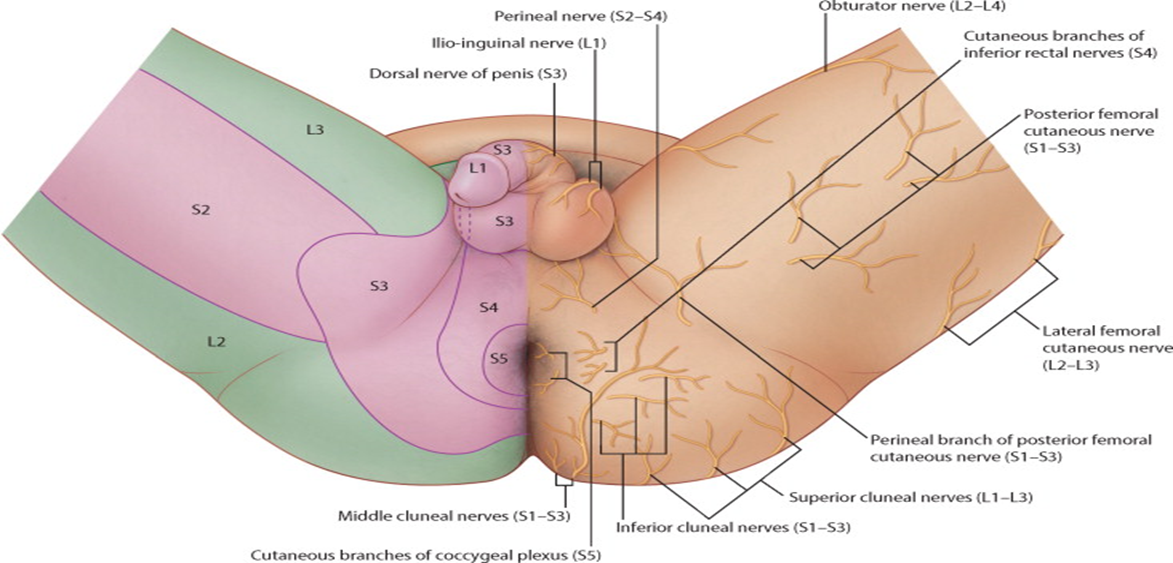
This tool will allow you to communicate and map treatment over time. Your health care providers can use this information to understand your diagnosis and to plan future treatments. This document is based on official guidelines as well as multidisciplinary provider experience.

|  |  |  |  |
| --- | --- | --- | --- |
| **My primary symptoms are:**  Special considerations I wish to communicate (exam anxiety, gender, requests):  Timeline and story of symptoms: | | | |
| **I Have the Following Conditions:** | **Yes** | **Suspected** | **No** |
| **Pelvic Conditions:** |  |  |  |
| Pelvic/ lower abdominal pain |  |  |  |
| Urethra and bladder pain: |  |  |  |
| □ Pain as my bladder fills with urine that is relieved by  urination |  |  |  |
| □ Pain during urination |  |  |  |
| □ Pain that worsens after urination |  |  |  |
| □ Pain on the skin / vulva / tip during urination |  |  |  |
| Perineum (bicycle seat) pain |  |  |  |
| Vulvar/ vaginal pain |  |  |  |
| Clitoral pain or unwanted arousal |  |  |  |
| Testicular/ penile pain |  |  |  |
| Anal/ rectal pain (incl. pain with bowel movement) |  |  |  |
| Pain with sitting relieved by standing |  |  |  |
| Lubrication or erection trouble |  |  |  |
| Sexual pain |  |  |  |
| Pain with menses |  |  |  |
| Endometriosis |  |  |  |
| Irritable bowel syndrome |  |  |  |
| Pelvic floor muscle dysfunction |  |  |  |
| Recurrent urinary tract infections |  |  |  |
| History of sexually transmitted infection |  |  |  |
| Pelvic cancer |  |  |  |
| Urinary incontinence |  |  |  |
| Bowel incontinence |  |  |  |
| Constipation |  |  |  |
| Blood in the stool |  |  |  |
| Pelvic organ (bladder, rectum, uterus) prolapse |  |  |  |
| Prostate problems |  |  |  |
| Difficulty starting urine stream |  |  |  |
| Incomplete emptying of the bladder |  |  |  |
| Urinary urgency, frequency, nighttime urination |  |  |  |
| Blood in the urine |  |  |  |
| Neurogenic bladder or bowel |  |  |  |
| Balance problems or leg or arm weakness |  |  |  |
| Varicose veins on 🞎legs 🞎buttocks 🞎privates |  |  |  |
| Other pelvic conditions: |  |  |  |
| **Conditions Affecting other Areas of the Body:** | **Yes** | **Suspected** | **No** |
| GERD (heartburn) |  |  |  |
| Migraines |  |  |  |
| Fibromyalgia |  |  |  |
| TMJ (jaw pain) |  |  |  |
| Nerve pain – spine or back, or sciatica |  |  |  |
| Nerve pain – peripheral e.g. sensitive feet |  |  |  |
| Loss of hair on extremities |  |  |  |
| Palpitations (rapid heat beat) |  |  |  |
| Ringing in the ears |  |  |  |
| Asthma or respiratory problems |  |  |  |
| Nausea |  |  |  |
| Dizziness |  |  |  |
| All over body pain or joint pains (where?) |  |  |  |
| Vision Changes |  |  |  |
| Depression or anxiety |  |  |  |
| History of sexual abuse or other trauma |  |  |  |
| Dependence on medication alcohol or drugs |  |  |  |
| **Other Medical Problems or Surgical History:** | **Year of Diag** | **Doctor** | **Comments** |
|  |  |  |  |
|  |  |  |  |
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**Please mark ALL areas on the body maps (not just the pelvis) where you have had pain in the last week.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Area # or letters** | **Left Right or Center** | **No**  **Pain**  **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **Pain as bad as you can imagine**  **10** |
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MAPPII Interactive CHOIR Body Map <https://choir.stanford.edu>

Gray's Atlas of Anatomy. Drake et al. Pages211-289. © 2015.

Dermatomes and cutaneous nerves of perineum in men.

Gray's Atlas of Anatomy. Drake et al. Pages211-289. © 2015.

Dermatomes and cutaneous nerves of perineum in women.

|  |  |  |  |
| --- | --- | --- | --- |
| **Prior Medications Tried:** |  |  |  |
| **Bladder Relaxing Medications** | **Tried?** | **Relief?** | **Still Using?** |
| Oxybutynin (Ditropan®) |  |  |  |
| Oxybutynin Gel (Gelnique®) transdermal sachet daily |  |  |  |
| Oxybutynin Transdermal Patch (Oxytrol®) over counter |  |  |  |
| Tolterodine (Detrol®) |  |  |  |
| Fesoterodine (Toviaz®) |  |  |  |
| Trospium (Sanctura®) |  |  |  |
| Darifenacin (Enablex®) |  |  |  |
| Solifenacin (Vesicare®) |  |  |  |
| Mirabegron (Myrbetriq®) |  |  |  |
| Hyoscyamine (Levsin®) |  |  |  |
| **Medications to Open Bladder Outlet** |  |  |  |
| Terazosin (Hytrin®) |  |  |  |
| Tamsulosin (Flomax®) |  |  |  |
| Doxazosin (Cardura®) |  |  |  |
| Alfuzosin (Uroxatral®) |  |  |  |
| Silodosin (Rapaflo®) |  |  |  |
| **Bladder Pain Medications** |  |  |  |
| Pentosan Polysulfate Sodium (Elmiron®) |  |  |  |
| Phenazopyridine (Pyridium®) |  |  |  |
| Amitriptyline (Elavil®), Nortriptyline (Pamelor®) |  |  |  |
| Uribel® (methenamine, sodium phosphate monobasic, phenyl salicylate, methylene blue, and hyoscyamine sulf) |  |  |  |
| Allergy Medications: Hydroxyzine (Atarax®) Diphenhydramine (Benadryl® Genahist®, Sominex®, Unisom®), Cimetidine® (Tagamet®), Cetirizine hydrochloride (Zyrtec®), Fexofenadine (Allegra®), Loratidine (Claritin®) |  |  |  |
| Bladder instillations (heparin, lidocaine, sodium bicarbonate, antibiotic) |  |  |  |
| Bladder instillation (Dimethyl sulfoxide, DMSO/Rimso-50®) |  |  |  |
| Cyclosporine A (Gengraf®, Neoral®, Sandimmune®) |  |  |  |
| **Infection Management** | **Tried?** | **Relief?** | **Still Using?** |
| Oral or IV Antibiotics (doses and # days) |  |  |  |
| Proanthocyanidins (Ellura®, Theracran®) or other cranberry extract |  |  |  |
| D-Mannose |  |  |  |
| Methenamine (Hiprex®, Mandelamine®, Urex®) |  |  |  |
| Probiotics |  |  |  |
| Antibiotic Instillation in the Bladder |  |  |  |
| Other: |  |  |  |
| **Vulvar / Vaginal Treatments** | **Tried?** | **Relief?** | **Still Using?** |
| Avoidance of Irritants (select toilet paper, soap) |  |  |  |
| Vaginal creams, ointments, etc.: |  |  |  |
| □ Barrier cream/ointment (type):zinc oxide, dimethicone, petroleum) |  |  |  |
| □ Estrogens (commercial or compounded) |  |  |  |
| □ Anti-yeast/antifungal agents |  |  |  |
| □ Antibacterial agents for bacterial vaginosis |  |  |  |
| □ Steroid (clobetasol, hydrocortisone) |  |  |  |
| □ Diazepam (Valium®) vaginal Suppositories |  |  |  |
| □ Baclofen (Lioresel®) |  |  |  |
| □ Lidocaine |  |  |  |
| □ Gabapentin (Neurontin®) |  |  |  |
| □ Amitriptyline (Elavil®) |  |  |  |
| □ Tacrolimus (Prograf®) |  |  |  |
| □ Naltrexone - low dose (Vivitrol®) |  |  |  |
| □ Douches |  |  |  |
| □ Other Inserts |  |  |  |
| □ Wipes |  |  |  |
| **Hormonal Medications** | **Tried?** | **Relief?** | **Still Using?** |
| Vaginal estrogen cream, tablet or ring |  |  |  |
| Estrogen / progesterone pills or patches |  |  |  |
| Hormone-secreting intrauterine device (Mirena®, Liletta®, Skyla®) |  |  |  |
| Medroxyprogesterone acetate (Depo-Provera®) injection |  |  |  |
| Etonogestrel (Nexplanon®) progesterone implant |  |  |  |
| Aygestin (northindrone) |  |  |  |
| Elagolix (Orilissa®) |  |  |  |
| Leuprolide Acetate (Lupron Depot®) |  |  |  |
| Aromatase inhibitors:  -Anastrozole (Arimidex®)  -Letrozole (Femara®) |  |  |  |
| Testosterone injections or implants |  |  |  |
| Testosterone applied to skin (Testim®, Androgel®) |  |  |  |
| **Specific Penile/ Testicular Pain Medications** | **Tried?** | **Relief?** | **Still Using?** |
| Penile injection medications for pain - Collagenase clostridium histolyticum (Xiaflex®) |  |  |  |
| Other |  |  |  |
| **Anorectal Pain Medications** | **Tried?** | **Relief?** | **Still Using?** |
| Sitz bath |  |  |  |
| Barrier cream/ointment:e.g. zinc oxide, corn starch, dimethicone, petroleum |  |  |  |
| Wipes |  |  |  |
| Loperamide (Imodium®) |  |  |  |
| Sphincter relaxing ointments: nifedipine or diltiazem (calcium channel blockers) and glyceryl nitrate (GTN) |  |  |  |
| Lidocaine numbing gel or cream |  |  |  |
| Anti yeast creams, ointments or oral medications |  |  |  |
| Agents to soften stool: Docusate sodium (Colace®), Psyllium (Metamucil®) or other fiber |  |  |  |
| Agents to bulk stool: Psyllium (Metamucil®) or other Fiber |  |  |  |
| **Immune and Anti-Inflammatory Medications** | **Tried?** | **Relief?** | **Still Using?** |
| NSAIDs: Ibuprofen, Celecoxib, Diclofenac, I[ndomethacin](https://www.medicinenet.com/indomethacin/article.htm) , N[aproxen](https://www.medicinenet.com/naproxen/article.htm), O[xaprozin](https://www.medicinenet.com/oxaprozin/article.htm), P[iroxicam](https://www.medicinenet.com/piroxicam/article.htm) |  |  |  |
| Mesalamine (Pentasa®, Asacol®, Apriso®, Delzicol®, Lialda®) |  |  |  |
| Steroids |  |  |  |
| Immunosuppressants: Azathioprine (Azasan®, Imuran®), Remicade (Infliximab®), Ustekinymba (Stelara®), and  Monoclonal antibodies: Humira (Adalimumab®), Vedolizumab (Entyvio®) |  |  |  |
| Immunomodulators  Interleukins (IL-1, IL-17)  Tumor necrosis factor alpha TNF-α |  |  |  |
| IV immunoglobulin (IVIG) |  |  |  |
| **General Pain Medications** | **Tried?** | **Relief?** | **Still Using?** |
| Acetaminophen (Tylenol®) |  |  |  |
| Carbamazepine (Tegretol®) |  |  |  |
| Gabapentin (Neurontin®) |  |  |  |
| Pregabalin (Lyrica®) |  |  |  |
| Topiramate (Topamax®) |  |  |  |
| Fluoxetine (Prozac®) |  |  |  |
| Duloxetine (Cymbalta®), Lamotrigine (Lamictal®), Oxcarbazepine (Trileptal®), Lacosamide (Vimpat®), Venlafaxine (Effexor®), Milnacipran (Savella®), Sertraline (Zoloft®) |  |  |  |
| Amitriptyline (Elavil®) |  |  |  |
| Nortriptyline (Pamelor®) |  |  |  |
| Imipramine (Tofranil®) |  |  |  |
| Opioids: Oxycodone (OxyContin®), Hydrocodone (Vicodin®), Codeine, Meperidine (Demerol®), Morphine (Roxanol®), Methadone, Hydromorphone (Dilaudid®), Tramadol (Ultram®), Fentanyl (Duragesic®, Onsolis®, Fentora®) |  |  |  |
| **Oral Muscle Relaxants** |  |  |  |
| Baclofen (Kemstro®, Lioresal ®) |  |  |  |
| Tizanidine (Zanaflex®) |  |  |  |
| Cyclobenzaprine (Flexeril®, Amrix®, Fexmid®) |  |  |  |
| Benzodiazepines (Valium®, Xanax®, Ativan®) |  |  |  |
| **Blood Thinners** |  |  |  |
| Aspirin |  |  |  |
| Clopidogrel (Plavix®) |  |  |  |
| Cilostazol (Pletal®) |  |  |  |
| **Other Medications (list):** | **Tried?** | **Relief?** | **Still Using?** |
| **Surgery (cite hospital and surgeon, obtain op note):** | **Year:** | **Relief?** | **Details** |
| Laparoscopy, fulgaration, or excision of endometriosis |  |  |  |
| Hysterectomy (removal of uterus) |  |  |  |
| Myomectomy (uterine fibroid removal) |  |  |  |
| Ovarian cyst removal |  |  |  |
| Ovary removal |  |  |  |
| Caesarian section |  |  |  |
| Prolapse surgery, vaginal or rectal (details): |  |  |  |
| Urinary incontinence surgery |  |  |  |
| Urinary incontinence injection (e.g. Collagen, Macroplastique®, Coaptite®) |  |  |  |
| Urethral diverticulum or fistula surgery |  |  |  |
| Cystoscopy (may include biopsy) |  |  |  |
| Urethral dilation |  |  |  |
| Bladder hydrodistension |  |  |  |
| Kidney stone surgery (shock wave or telescopic) |  |  |  |
| Prostate surgery |  |  |  |
| Testis surgery (including vasectomy) |  |  |  |
| Ejaculatory duct surgery |  |  |  |
| Bowel or rectal surgery |  |  |  |
| Anal surgery |  |  |  |
| Lysis of Adhesions |  |  |  |
| Sacral nerve stimulation (Interstim®) |  |  |  |
| Spinal stimulator (type and level if known) |  |  |  |
| Medication pump (e.g. baclofen or pain medication) |  |  |  |
| Release of nerve entrapment |  |  |  |
| Surgical denervation (cutting of nerves) |  |  |  |
| Back surgery |  |  |  |
| Hip, knee or foot surgery |  |  |  |
| Pelvic bone surgery |  |  |  |
| Blood vessel surgery |  |  |  |
| Botulinum toxin: OnabotulinumtoxinA (Botox®), RimabotulinumtoxinB (Myobloc®), AbobotulinumtoxinA (Dysport®) to: |  |  |  |
| □ Bladder detrusor muscle |  |  |  |
| □ Bladder exit (sphincter) |  |  |  |
| □ Pelvic floor muscles (trigger point) |  |  |  |
| □ Skin surface (e.g. vulva, scrotum) |  |  |  |
| □ Spermatic cord (nerves to testis) |  |  |  |
| □ Anal sphincter |  |  |  |
| □ Hip / leg muscle |  |  |  |
| □ Iliopsoas muscle |  |  |  |
| Other surgery: |  |  |  |
| **Procedures and Treatments** | **Tried?** | **Relief?** | **Details** |
| Acupuncture |  |  |  |
| Massage |  |  |  |
| Nerve blocks or injections (name nerves and what medication was used if known): |  |  |  |
| Pessary |  |  |  |
| PTNS |  |  |  |
| TENS Unit |  |  |  |
| Radiofrequency Ablation |  |  |  |
| Cryoablation (freezing) e.g. nerves of Spermatic Cord |  |  |  |
| Vaginal Laser Therapy |  |  |  |
| Blood vessel embolization or stenting |  |  |  |
| Emsella® Chair |  |  |  |
| Other Treatments |  |  |  |
| **Bladder Management** | **Tried?** | **Relief?** | **Details** |
| □ Bladder empties naturally |  |  |  |
| □ Timed voids by the clock |  |  |  |
| □ Intermittent catheterization \_\_ times per day |  |  |  |
| □ Indwelling tube changed every \_\_ weeks |  |  |  |
| □ Supply information: | | | |
| **Pelvic Floor Physical Therapy** | **Tried?** | **Relief?** | **Details** |
| Pelvic Floor Physical Therapy in general (any type) |  |  |  |
| * Hands on work / joint and tissues mobilization |  |  |  |
| * Stretching or yoga exercises |  |  |  |
| * Aerobic exercises |  |  |  |
| * Strength exercises: abdominal, legs |  |  |  |
| * Biofeedback |  |  |  |
| * Body mechanics and posture training |  |  |  |
| * Physical Therapy focused on pain management |  |  |  |
| * Physical therapy for back, knees, hips, etc. |  |  |  |
| **Lifestyle and Behavior Changes** |  |  |  |
| Diet alteration to avoid irritants |  |  |  |
| Avoidance of Caffeine, Sweeteners, Tea |  |  |  |
| Fluid alteration to target 1500-2500 cc per 24 hours |  |  |  |
| Attention to seat surface and ergonomics at work, commute, home |  |  |  |
| Avoidance of vulvar or scrotal irritants |  |  |  |
| **Counseling and Psychological Therapies** | **Tried?** | **Relief?** | **Details** |
| Meditation, Relaxation Strategies |  |  |  |
| Any psychotherapy |  |  |  |
| Individual therapy |  |  |  |
| Cognitive behavioral therapy |  |  |  |
| Mindfulness-based therapy |  |  |  |
| Group therapy |  |  |  |
| Couples therapy |  |  |  |
| Formal Sex Therapy |  |  |  |
| Other: |  |  |  |
| **Testing completed** | **Approx Date** | **Location/ Institution** | **Results** |
| Urinalysis and Culture |  |  |  |
| Urine cytology |  |  |  |
| Urine Ureaplasma and Mycoplasma |  |  |  |
| Testing for genital infections |  |  |  |
| Pregnancy test |  |  |  |
| Blood tests |  |  |  |
| Stool Test |  |  |  |
| Completion of a Voiding Diary |  |  |  |
| Measurement of post void residual (PVR) urine volume (the amount remaining after urinating) |  |  |  |
| CT Scan of: |  |  |  |
| □ Spine |  |  |  |
| □ Head |  |  |  |
| □ Abdomen |  |  |  |
| □ Pelvis |  |  |  |
| Ultrasound of: |  |  |  |
| □ Abdomen |  |  |  |
| □ Kidneys |  |  |  |
| □ Pelvis |  |  |  |
| □ Scrotum/Vagina |  |  |  |
| □ Veins |  |  |  |
| MRI of: |  |  |  |
| □ Spine/ sacrum |  |  |  |
| □ Head |  |  |  |
| □ Abdomen |  |  |  |
| □ Pelvis |  |  |  |
| Spine Xray (type) |  |  |  |
| Pelvis Xray |  |  |  |
| Defacography (bowel movement under X-ray with dye) |  |  |  |
| Anal manometry (bowel movement with measurement of pressure in rectum) |  |  |  |
| Upper GI Study (X-ray after swallowing dye) |  |  |  |
| Cystogram, voiding cystourethrogram (VCUG), urethrogram (X-ray with dye in bladder or urethra) |  |  |  |
| Angiogram (X-ray with dye in artery) |  |  |  |
| Cystoscopy (small camera passed into bladder) |  |  |  |
| Ureteroscopy (small camera passed into ureter) |  |  |  |
| Urodynamic testing (pressure measurement during void) |  |  |  |
| Endoscopy (small camera passed into throat) |  |  |  |
| Colonoscopy / Proctoscopy / Sigmoidoscopy (small camera passed via anus) |  |  |  |
| Sitzmark Study (X-ray or beads passing through GI tract) |  |  |  |
| Laparoscopy (small camera passed into abdominal wall) |  |  |  |
| EMG (test of nerve response to stimulation) |  |  |  |
| Autonomic testing (tilt table testing) |  |  |  |
| Nerve biopsy (for small fiber polyneuropathy) |  |  |  |
| Other: |  |  |  |
| **Types of Health Care Providers Seen:** | **Name** | **Location** | **Current provider?** |
| □ Allergy |  |  |  |
| □ Cancer Medicine |  |  |  |
| □ Cardiology |  |  |  |
| □ Colorectal Surgery |  |  |  |
| □ Gastrointestinal Medicine |  |  |  |
| □ Gynecology |  |  |  |
| □ Infectious Disease |  |  |  |
| □ Neurology |  |  |  |
| □ Ophthalmology |  |  |  |
| □ Orthopedics |  |  |  |
| □ Pain Management |  |  |  |
| □ Physical Therapy |  |  |  |
| □ Primary Care |  |  |  |
| □ Psychology/ Psychiatry |  |  |  |
| □ Pulmonology |  |  |  |
| □ Rehabilitation Medicine (Physiatrist, PMR) |  |  |  |
| □ Rheumatology |  |  |  |
| □ Urology |  |  |  |
| □ Other |  |  |  |
| **Current working diagnoses:** | **Details** | | |
| □ Unsure of diagnosis |  | | |
| □ Bladder obstruction |  | | |
| □ Overactive bladder |  | | |
| □ Underactive bladder |  | | |
| □ Neurogenic bladder |  | | |
| □ Interstitial cystitis |  | | |
| □ Incontinence of urine |  | | |
| □ Recurrent urinary tract infections (UTIs) |  | | |
| □ Vulvar atrophy |  | | |
| □ Vulvodynia or chronic vaginitis |  | | |
| □ Endometriosis |  | | |
| □ Erectile dysfunction |  | | |
| □ Peyronie’s disease |  | | |
| □ Prostatitis |  | | |
| □ Pelvic floor muscle dysfunction |  | | |
| □ Prolapse |  | | |
| □ Constipation, diarrhea, IBD or IBS |  | | |
| □ Anal fissures or hemorrhoids |  | | |
| □ Incontinence of bowel |  | | |
| □ Neurogenic bowel |  | | |
| □ Nerve pain  - spine |  | | |
| □ Nerve pain - peripheral nerves |  | | |
| □ Systemic pain syndrome |  | | |
| □ Autoimmune disease |  | | |
| □ Rheumatologic disease |  | | |
| □ Other: |  | | |
| **Next Steps:**  **🞎**  **🞎**  **🞎**  **🞎**  **🞎**  **🞎**  **🞎**  **🞎** | | | |