

# Acute Pelvic Pain (focused on the Gynecological System)

→ Reproductive-age women are pregnant until proven otherwise  
→ It's an ectopic pregnancy until proven otherwise.

(structure Hx and PE based on this ddx)

## Gynecological system:

**MSK**  
→ **Pelvic floor muscle pain**  
(very common, detectable with palpation of pelvic floor on internal exam)

**GI:**  
→ **Appendicitis**  
*(migration of pain from diffuse to RLQ, more vomiting)*  
→ Gastroenteritis  
→ Diverticulitis  
→ IBD

**Genitourinary:**  
→ Infection (cystitis, pyelonephritis, STIs, Pelvic Inflammatory Disease)  
→ Stone (renal, ureteric)

Underlined + Italicized = most common in the category

### Pregnant

**Uterus:**  
→ Miscarriage (most common cause of acute pelvic pain in pregnancy)

**Fallopian Tube**  
→ **Ectopic pregnancy**

**Ovary**  
→ Ovarian Cyst

**Endometriosis**

### Non-Pregnant

**Uterus:**  
→ Dysmenorrhea  
→ Congenital anomaly  
→ Fibroid  
→ Pyometrium

**Fallopian Tube**  
→ **Abscess: tubo-ovarian abscess (TOA), pyosalpinx – deadly if ruptured**  
→ Tube torsion  
→ Hydrosalpinx

**Ovary**  
→ Ovarian Cyst (often doesn't cause pain, red herring)  
→ **Ovarian Torsion**  
→ Mittelschmerz

**More MSK**  
→ **Proctalgia Fugax**  
(benign spasms of the pelvic floor, intermittent and very painful, can wake you up at night, but not worrisome. A literal pain in the ass)