

Evita GyneCare Clinic

evitagynecarehospital.com

Pain During Sex Self-Check

Self-awareness only (not a diagnosis). Decide if it's time to book a visit.

Tick what applies:

Type of pain

- ☐ Pain at the vaginal opening (entry pain).
- ☐ Deep pelvic pain during or after sex.
- ☐ Burning/irritation or tearing sensation.
- ☐ Pain is new or worsening over time.

Associated symptoms

- ☐ Vaginal dryness, itching, or recurrent infections.
- ☐ Pelvic pain or painful periods.
- ☐ Bleeding after sex.
- ☐ Bowel/bladder pain (especially around periods).

Impact

- ☐ Avoiding intimacy due to fear of pain.
- ☐ Anxiety, low mood, or relationship stress linked to pain.

Quick notes (fill in):

Pain score (0–10): _____

When: ☐entry ☐deep

☐both ☐after sex

Dryness: ☐yes ☐no

Book a check-up if ANY apply:

- Pain is recurrent or affects intimacy/relationship confidence.
- Deep pain + pelvic/period pain (possible underlying condition).
- Bleeding after sex, discharge/odor, or urinary burning present.

Urgent care today if:

- Severe sudden pelvic pain after sex, fainting, or vomiting.
- Fever with pelvic pain.
- Possible pregnancy + bleeding/pain.

Intimacy should not hurt. You deserve answers without embarrassment.

Bring this page and say:
“Sex is painful for me. I want a respectful evaluation and a plan.”

Important: Self-awareness only.

This does not confirm a diagnosis.

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Pain During Sex Self-Check (visit prep)

Bring this page to help your doctor plan the right evaluation.

Bring / note these:

- Describe pain: entry vs deep, and timing (during/after).
- Any dryness, itching, discharge, or recurrent infections.
- Period pattern and pelvic pain history (cycle link).
- Past childbirth tears/surgeries, contraception, and medications.
- Stress/anxiety and pelvic floor tightness sensations (if present).

What your clinician may do:

- History and consent-based exam; identify entry vs deep pain causes.
- Screen for infections if symptoms suggest; consider ultrasound if deep pain.
- Discuss options: lubrication/moisturizers, pelvic floor care, pain pathway.
- Stepwise plan if endometriosis suspected.

You deserve clarity - and you deserve respectful care.

To book: evitagynecarehospital.com