

What to expect at your Initial Appointment

Your doctor has referred you because you are experiencing vulvar pain or pain at the vaginal opening with touch (e.g. intercourse/tampons). Chronic vulvar pain, or vulvodynia, is a common medical condition affecting up to 8% of the female population. While the exact etiology remains unknown, some factors contributing to a woman's pain experience may include hormones, tension in the pelvic floor muscles, nerve sensitivity, anxiety, depression, co-occurring pain conditions and many others. At the BC Centre for Vulvar Health, we provide a multidisciplinary assessment so that we can learn more about which factors may be contributing to your pain to assist in developing an individualized treatment plan for you.

Vulvodynia can be effectively treated with a multidisciplinary approach and research supports utilizing pelvic floor physiotherapy and psychological skills as some of the most effective interventions for coping with and reducing the experience of pain. Medications may be indicated for some women.

Your first appointment will be with a gynaecologist. This hour-long session will include a discussion and a gentle physical exam. We will review your medical and pain history in detail, including the impact of pain on your daily activities, relationships and sexual health. From your assessment, the gynaecologist may recommend subsequent appointments with the clinical care coordinator, physiotherapist and/or psychologist. With input from you and our multidisciplinary team after subsequent appointments (if applicable), we will develop comprehensive treatment recommendations and a final treatment planning appointment will then be scheduled to discuss these recommendations with you and your partner (if relevant).

We look forward to seeing you for your first appointment. **We are located at the Gordon and Leslie Diamond Healthcare Centre, 2775 Laurel Street, on the 6th floor.** Please arrive early to find parking and complete any outstanding paperwork.

For more information about our clinics and resources, please visit our website at <http://bcvulvarhealth.ca/>

If you have any questions please contact the BCCVH Clinic Care Coordinator at bccvh@vch.ca

If you need information about scheduling your appointments please contact our booking clerks at: (604) 875-5022 Press #3

****Please note we will be unable to rebook appointments that are cancelled with less than 48 business hours notice****