

Women's Health Pain Clinic

You have been invited to attend an appointment at the Women's Health Pain Clinic at Greenlane Clinical Centre. This information sheet provides some additional information about what to expect when you attend your appointment, the services we can offer, and the information you may be asked to provide.

Who are we and what we do?

The women's health pain team are doctors, nurses, physiotherapists and clinical psychologists. All the team are specialists in managing patients with painful conditions.

Together, they will look at your pain problem from a number of angles – the physical pain, how you cope with the pain, how the pain affects your life and some general questions to get to know you better.

What information should I bring?

Medications: please bring a list of all medications you are taking, including ones you buy and herbal remedies.

Can I bring a support person or whānau?

Yes, you can come into the appointment with another person if you would like to.

What therapy will I be offered?



Open Listening

We will spend time listening to your concerns and help to explain why pain can persist for such a long time. For some people, this may be the first time they have had the opportunity to discuss how the pain affects them and you may find this a helpful process.



Medication

We may suggest medication to try and reduce your pain. Examples include amitriptyline, clonidine patches, gabapentin and pregabalin.

We do not generally use opioid drugs such as morphine and codeine as these are not usually helpful for long-term pain conditions.



Physiotherapy

You may be referred to a physiotherapist who specialises in pelvic pain and works within the women's health pain team.

Physiotherapists will help you manage and improve your symptoms with self-management strategies that include:

- education
- exercises
- relaxation techniques
- pelvic floor rehabilitation and improving bowel and bladder habits

When you are referred to the physiotherapy team, you may be invited to a group class. This can be a one-off initial education session or a series of classes that include education and exercise components.

Other Services

We may also discuss referral to a women's health clinical psychologist who specialises in helping people suffering from pain. Being in pain for a long time can affect people's mood, how well they sleep and how they relate to those around them. For some people, talking to a psychologist can help with these concerns.

Where can I find further information about managing long-term pain?

Endometriosis NZ is a useful resource for anyone with pelvic pain, even if you do not have definite endometriosis: www.nzendo.org.nz

The Pain Toolkit provides guidance about how to live with persistent pain: www.pain toolkit.org

Headspace: many people find mindfulness meditation useful for managing persistent pain. This app is a good starting point: www.headspace.com

What are our contact details?

You can call one of our pain clinic nurses on 021 433 787.

Usually, someone is available to answer 7 days a week between 8am and 3pm.

Alternatively, you can send a text and we will reply as soon as possible.

Haere Mai Welcome | Manaaki Respect | Tūhono Together | Angamua Aim High