



DESCRIPTORS OF VULVODYNIA



WHAT IS VULVODYNIA?

Vulvar pain of at least 3 months duration, without clear identifiable cause

NOT EVERYONE WITH VULVODYNIA EXPERIENCES SYMPTOMS IN THE SAME WAY.
VULVODYNIA SUBTYPES VARY BY LOCATION, TRIGGERS, FREQUENCY, AND ONSET OF PAIN:

LOCATION

Localized Vulvodynia:

Pain is present in part of the vulva. Pain in the vestibule is known as vestibulodynia. Pain in the clitoris is known as clitorodynia.

Generalized Vulvodynia:

Pain occurs in all areas of the vulva.



TRIGGERS

Provoked Vulvodynia:

Pain is triggered by contact (e.g., vaginal penetration, tampon insertion, fingertip pressure).

Spontaneous Vulvodynia:

Pain occurs without any provoking physical contact.



ONSET

Primary Vulvodynia:

Symptoms started with first provoking physical contact (e.g., tampon insertion, intercourse).

Secondary Vulvodynia:

Symptoms were not present during first provoking physical contact.



FREQUENCY

Symptoms can be **constant** (always present) or **intermittent** (sometimes present).

Symptoms can be **immediate** (occurring during physical contact) and/or **delayed** (occurring after physical contact).



The information provided is based on "Descriptors of Vulvodynia: A Multisocietal Definition Consensus (International Society for the Study of Vulvovaginal Disease, the International Society for the Study of Women Sexual Health, and the International Pelvic Pain Society)".

Available at: <https://pubmed.ncbi.nlm.nih.gov/30768446/>