

Ref. No: 1972
Date: 06/08/25
Subject: GPPPD/Vaginismus/Dyspareunia

REQUEST & RESPONSE

In line with the latest classification, Vaginismus and Dyspareunia have been redefined under the same diagnostic category, Genito Pelvic/Pain Penetration Disorder (GPPPD). GPPPD is a combination of painful sex, penetration difficulties and involuntary vaginal muscle spasm.

Therefore, any information on the three conditions would be appreciated.

Patient Leaflet

1. Does the trust provide any patient leaflets or written guidance on **GPPPD/Vaginismus/Dyspareunia**?

a. Please provide us with a copy of the standard information leaflet or give a link to your online information.

Answer : A full history and examination is performed to assess the cause of the GPPPD . Vulvodynia and vestibulodynia leaflet from BAD (British Association of Dermatologists) website is given to ladies if applicable .We refer patients for psychosexual counselling depending on their requirements. Gynaecological investigations are offered if there is an organic cause for the symptoms .We manage patients with a multidisciplinary team of pain specialists, dermatologists, physiotherapist and gynaecologists. We signpost ladies to Vulval pain society ,National Vulvodynia association and International Society for the study of Vulvovaginal Disease

a) Please find the link to the Patient Information leaflet [here](#). There is a PDF version of the leaflet or there is a QR code to access it.

2. Does the trust provide any patient leaflets or written guidance on **how to use dilators** for individuals with GPPPD/Vaginismus/Dyspareunia?

a. Please provide us with a copy of the standard information leaflet or give a link to your online information.

Treatment - Please provide the following information in accordance with the financial year, April 2024 to April 2025, or the calendar year January 2023 to December 2024:

Answer : We provide leaflets for “pelvic relief” leaflets for use of dilators .

3. What brand(s) of vaginal dilators did your service recommend to individuals with GPPPD/Vaginismus/Dyspareunia?

Answer: We recommend pelvic relief brand .

4. How many vaginal dilators (single pack and/or multipack) did you purchase in your service?

- a. If you have this information for previous financial years, please provide this also.

Answer : We do not prescribe the dilators .We generally request GP to prescribe them.

5. What was the unit cost of vaginal dilators (single pack and/or multipack) for GPPPD/Vaginismus/Dyspareunia?

Not Applicable

6. What was the total cost of vaginal dilators (single pack and/or multipack) for GPPPD/Vaginismus/Dyspareunia in the year under review?

Not Applicable

7. What is the name of the service that you are referring to when returning this information?

Answer Vulval Disorders Clinic