IN A NUTSHELL

The knowledge platform for general practitioners

Pelvic Congestion Syndrome (PCS) Score

Pelvic congestion syndrome (PCS) describes chronic lower abdominal pain due to proximal venous insufficiency in the abdomen or pelvis. The PCS score is used to determine the probability of the presence of PCS. Currently, the score is based on experience and has not been validated.

Lower abdominal pain for more than 3 months
○ No ○ Yes (+3)
Varicose veins at the vulva
○ No ○ Yes (+2)
Varicose veins in the lower extremities (treated or untreated)
○ No ○ Yes (+2)
Increase of pain e.g. due to upright body position, sexual intercourse or menstruation
○ No ○ Yes (+1)
One or more births given
○ No ○ Yes (+1)
Disorders of the uterus, ovaries, bladder and intestine unlikely
○ No ○ Yes (+1)

PCS Score:

Interpretation

Score	Assessment
< 3	Pelvic Congestion Syndrome unlikely
3-5	Pelvic Congestion Syndrome possible
> 5	Pelvic Congestion Syndrome likely

References

1. Kucher N, Nosetti D. Pelvic Congestion Syndrom – chronische Unterbauchschmerzen bei Frauen aufgrund von Krampfadern im Beckenbereich. Frauenheilkunde aktuell 2020; 4: 21-27