

# 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

