

VAGINAL DISCHARGE

Normal Discharge:

Different women will have different amounts of vaginal discharge.

It is normal to experience changes in the amount of discharge at different times. For example, a woman might experience more vaginal discharge if she is pregnant. Women who have been through menopause usually have less vaginal discharge.

Abnormal Discharge:

Vaginal discharge is abnormal when it occurs with the following symptoms; itching, redness, pain or swelling, and odor.

Causes for Abnormal Discharge;

- Yeast infection
- Bacterial Vaginosis
- Menopausal changes
- Sexually Transmitted Infections: Chlamydia, Gonorrhea and Trichomoniasis

Treatment

If you are experiencing abnormal discharge please call the office for an appointment. Most doctors recommend that you do **not** treat the discharge yourself. Treating yourself can cause symptoms to get worse. Taking a baking soda bath can help to alleviate symptoms until you can be seen in the office. (½ cup of baking soda in a shallow tub of warm water)

Treatment will depend on the cause of the abnormal discharge. Different vaginal infections are treated with different medications. If your discharge is caused by a sexually transmitted infection your partner will also need to be treated.

Prevention

Things you can do to help prevent abnormal vaginal discharge include;

- Taking showers instead of tub baths
- Clean the vaginal area with warm water only
- Do not use soap, powder, or sprays in the vaginal area
- Do not douche
- Do not use scented wipes
- Use condoms to help prevent sexually transmitted infections

