

Vaginitis

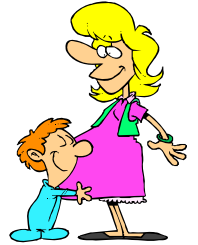
What is it?



- **Vaginitis**- vaginal infection, irritation that causes a change in normal vaginal discharge, or irritation

Signs and Symptoms:

- **Vaginal Discharge**- change in color, odor, amount, and texture; painful urination, itching
- **Irritation or Infection**- caused by tight clothing, douching frequently, spermicide, perfumed feminine hygiene products, using strong soaps
- **Bacterial Vaginosis**- grayish white, thin, fishy-smelling vaginal discharge, odor often worse after sex, associated with having multiple sex partners, exposure to a sexually transmitted disease (STD), using an intrauterine device (IUD) or diaphragm or women without any of the above symptoms
- **Trichomoniasis**- vaginal redness, swelling, irritation, vaginal odor; a large amount of frothy, foamy vaginal discharge that is gray, green, yellow or white



Facts:

- **Common Causes**- yeast infection, trichomoniasis, bacterial vaginosis
- **Urinary Tract Infection (UTI)**- pain and burning when you urinate
- **Prevention**- use condoms during sexual intercourse, limit the number of sex partners, wipe from front to back after using the commode, wash your vaginal area with plain soap and water 2 times per day
- **Perfumed Sprays and Soaps**- dry the skin, irritate the skin
- **Tampons and Pads**- change several times throughout the day

What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian or FFF RD on line**- for help as needed
- **AVOID**- tight nylon panties, pantyhose, tight clothing

