

Vaginal Discharge and Vaginitis

What Are Vaginal Discharge And Vaginitis?

- Vaginitis is a soreness or infection in or around the vagina.
- Normal vaginal discharge is generally cloudy and whitish in colour.
- The amount of vaginal discharge depends on where you are in your menstrual cycle, state of sexual excitement and general health.

How Do I Get Vaginitis?

- Vaginitis is usually caused by yeast, trichomoniasis, or bacterial vaginosis.
- It is not always spread through sexual contact.
- **Yeast** is a fungus normally in the vagina but it can grow unchecked when you use:
 - Antibiotics.
 - Birth control pills.
 - Perfumed products such as bubble baths, soaps, douches, and powder.
 - Vaginal contraceptives, foams, jellies, or creams.
- **Bacterial Vaginosis** is caused by an unchecked growth of the bacteria that normally lives in and around the vagina.
- **Trichomoniasis** is an organism that is sexually transmitted.

How Do I Know If I Have Vaginitis?

Symptoms in Women	How Males may be Affected
Yeast <ul style="list-style-type: none"> • Clumpy white discharge from the vagina. • Itching and redness around the vagina. 	Yeast <ul style="list-style-type: none"> • Genital itching. • A mild rash on the penis.
Bacterial Vaginosis <ul style="list-style-type: none"> • “Fishy” smelling, thin watery, greyish or yellowish discharge. • Burning or irritation around the vagina. 	Bacterial Vaginosis <ul style="list-style-type: none"> • Rarely have symptoms that need treatment.
Trichomoniasis <ul style="list-style-type: none"> • Foamy yellow or green discharge. • Foul or musty smelling discharge. • Burning or itching around the vagina. 	Trichomoniasis <ul style="list-style-type: none"> • Usually no symptoms but may have burning during urination (peeing).

How Do I Get Tested And Treated?

- A vaginal swab can be taken by your doctor, the STD or Family Planning Clinic.

How Do You Treat Vaginitis?

- Yeast is treated with vaginal creams/tablets available in most stores with a pharmacy. If the infection comes back, see a doctor. Males usually use the same cream.
- Bacterial Vaginosis is treated with antibiotics. Males usually do not need treatment.
- Trichomoniasis is treated with antibiotics. Your partner must also be treated.

How Can I Prevent Vaginitis?

Do

- Wash or bath daily.
- Wear clean, cotton underwear.
- Wipe from front to back after using the toilet.
- Get lots of rest.
- Urinate (pee) after sex.
- Use a condom every time you have sex.

Don't

- Use bath oil, vaginal douches, bubble bath, feminine deodorant sprays, strong soaps or scented tampons.
- Wear tight jeans, pants or underwear.
- Wear nylon underwear or pantyhose.
- Have sex with a partner who has a discharge, a rash or sores around the genitals.
- Wear underwear to bed.

How Can I Prevent The Spread Of Sexually Transmitted Vaginitis?

- Abstinence (not having sex) may be your best choice.
- Practice “**Safer Sex**”. Always use a condom.
- If you think that you have been infected, get checked out.
- Limit the number of sexual partners you have.
- Ask your partner about his/her sexual history.
- Avoid sexual contact with an infected person.
- Tell your partner if you have an infection.
- Get education, guidance and support.



For More Information Call:

Sexual and Reproductive Health

944-7115

Family Planning Clinics

- **Downtown** **323-7th Ave SE** **944-7111**
- **South** **31 Sunpark Plaza SE** **943-9510**
- **Sunridge** **406, 2675-36 Street NE** **944-7666**

STD Clinic

404, 906-8th Ave SW

944-7575