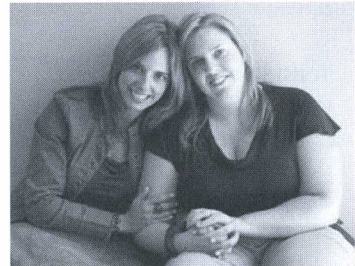


- vaginal itching or pain.
- pain during sex.
- bleeding between periods.

Men and women may have pain when urinating (peeing). Your Planned Parenthood clinician will prescribe medicine for the treatment of trich. It is very important that anyone you've had sex with recently gets treated too – even if they do not have symptoms. If a partner does not get treated, and you have sex with that person again, you will get the trich infection again. Do not have sex during treatment and for at least two weeks after treatment to make sure that you do not get reinfected.

### Feminine Hygiene Tips

You do not need to do anything to clean inside your vagina. The vagina cleans itself. Feminine hygiene sprays, deodorants and douching are not necessary. In fact, scented and antibacterial products can



be harmful to the vagina (even "sensitive skin" products or baby soap). Mild unscented soap or just plain water is all you need to keep the outer folds of your vulva clean.

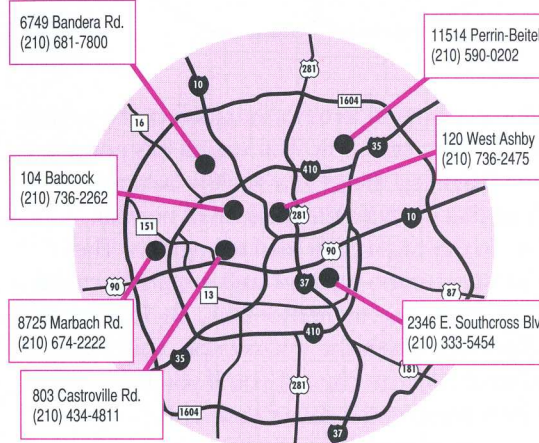
Avoid bubble bath and bath oils. Taking showers rather than tub baths may help you avoid getting vaginitis.

Wearing cotton panties and loose clothing are helpful because they allow air to reach the vaginal area. Change out of sweaty gym clothes and wet swimsuits after the activity is over.

It is fine to use tampons and panty liners but be sure that they are unscented and change them at least every three or four hours to prevent odor and possible vaginal infection.

When you use the bathroom be sure to wipe from front to back to prevent bacteria from getting into the vagina.

Before and after having sex practice good hygiene such as hand washing, washing your genital area, brushing your teeth and rinsing your mouth. Use a new latex barrier/condom every time you have sex and when moving between oral, anal and vaginal areas.



also

**Alice Clinic** - 313 E. 1st, Alice, Texas 78332 • (361) 664-0831  
**Kingsville Clinic** - 1028 S. 14th Street, Kingsville, TX 78363 • (361) 592-2649  
**Administrative Office** - 104 Babcock, San Antonio, TX 78201 • (210) 736-2244

A fee schedule that's right for you - At several clinics fees are based on income and family size. Please call one of our clinic locations for more information.

### Planned Parenthood provides a full range of services including:

- Birth Control
- Pregnancy Testing
- Testing & Treatment of Sexually Transmitted Diseases for women and men
- Gynecological Exams, Pap tests and evaluation for abnormal Paps, pelvic exams and clinical breast exams
- Male Exams
- Menopause Care including mammogram referrals
- Abortion Care (Texas License #008246 #140001, #140002)
- Referral for Adoption and Prenatal Care

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Rev. 01/10

# What Every Woman Needs to Know ...



Feminine Hygiene

Discharge: What is Normal?

Types of Vaginitis

Urinary Tract Infections

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## Normal Vaginal Discharge

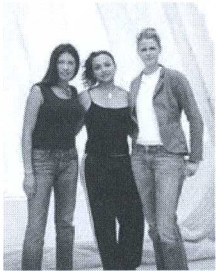
The vagina is naturally moist. The vagina stays healthy and cleans itself by producing a discharge. The amount of discharge is different from woman to woman and depends on where you are in your menstrual cycle.

Normal discharge:

- is thick and whitish like mucus or slippery and clear.
- is yellow when dry on panties.
- has a mild natural smell.

Knowing your body and what is normal for you will help you notice changes right away.

## Discharge That Is Not Normal



If you have a change in your normal discharge, you may have an infection.

Changes include:

- discharge that is not clear or white.
- a foul or bad odor.
- pain, swelling, itching or irritation.

- an unusually large amount of discharge that is irritating.

If you have any of these symptoms, call the clinic to make an appointment.

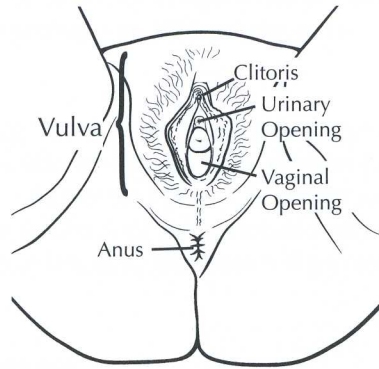
## Urinary Tract Infections (UTIs) / Bladder Infections

UTI is an infection of the parts of the body that carry and store urine (pee). UTIs are common in both women and men.

Symptoms include:

- urgent and frequent urination, usually in small amounts
- pain or burning during urination
- pressure or cramps in the lower abdomen during urination
- bad-smelling and/or cloudy urine
- painful vaginal intercourse
- pain in the mid-back (to the right or left of the spine).

If you have any of these symptoms, call the clinic to make an appointment.



## Vaginitis

Vaginitis is a general term for irritation of the vagina. Vaginitis is very common. The vagina has normal bacteria that keep things in a healthy balance. Anything that changes the balance of normal bacteria in the vagina can lead to vaginitis. The three most common types of vaginitis are bacterial vaginosis, yeast and trichomoniasis. By looking at your discharge under the microscope, your Planned Parenthood clinician can tell you if you have any of these infections on the day of your visit.

Some causes of vaginitis:

- antibiotics or other medicines
- using scented or antibacterial soaps
- douching
- wearing thong panties
- sex without a latex barrier/condom
- using flavored lubricants/oils
- oral, anal or vaginal sex
- having sex with a partner who does not practice good hygiene
- using sex toys without proper cleaning
- stress

## Bacterial Vaginosis ("BV")

Bacterial vaginal infections are the most common cause of vaginitis. BV happens when normal vaginal bacteria is out of balance. BV is not a sexually transmitted disease (STD). However, sexual activities may "throw off" your level of vaginal bacteria.

BV discharge usually:

- has a strange, "fishy" vaginal odor.

- is thin, white or gray.
- may be mildly irritating.

Your Planned Parenthood clinician will prescribe medicine for the treatment of BV, either pills or a vaginal cream. Over the counter medicines for yeast infections do not cure BV.

## Candidiasis ("Yeast infection")

Yeast is a fungus that naturally lives in the vagina. When too much yeast grows it becomes a yeast infection. Itching can range from mild to severe with yeast infections. Some women notice swelling of the vulva (vaginal lips) or burning when they urinate.

Discharge with a yeast infection:

- is usually thick, like cottage cheese.
- is white or light yellow.

- typically there is no unusual odor.



Yeast infections can be treated with pills or vaginal creams. Some treatments for yeast infections are available without a prescription. If you are not sure you have a yeast infection or if you still have symptoms after treating yourself, call the clinic for an

appointment.

Do not use any vaginal creams for at least 24 to 48 hours before your appointment so that you can be checked.

## Trichomoniasis ("Trich")

Trich is an infection different from BV and yeast because it is spread through sex. Women and men can get trich. Men often do not show symptoms. Women may notice:

- a yellowish green vaginal discharge that has a foul or bad odor.