VAGINAL INFECTIONS/PROBLEMS

Vaginal problems include pain, discharge, abnormal bleeding, irritation, and/or infections. Infections may or may not be sexually transmitted. Common vaginal problems include bacterial vaginosis, pelvic inflammatory disease (PID), vaginal yeast infections, vaginitis, and sexually transmitted infections.

Treatment depends on the cause. Therefore, it is important to be diagnosed by a healthcare provider to receive proper treatment.

Do you have any of the following:
- Vaginal pain that spreads upward to the pelvis and you are unable to walk due to the pain
- Very heavy vaginal bleeding along with dizziness or light-headedness, pale and moist skin, extreme shortness of breath, severe abdominal pain
- Vaginal irritation or pain with fever and shaking chills, pain in one or both sides or your back, nausea/vomiting

Immediate

PREVENTION OF YEAST INFECTIONS:

- Avoid products that change the vaginal environment (douches, feminine hygiene sprays)
- Use unscented toilet paper.
- Limit your intake of sugar. Sugar promotes the growth of yeast.
- Eat yogurt and milk that contains live cultures of lactobacillus acidophilus
- Take showers. Avoid bubble baths.
- Keep the vagina clean and dry.
- Wear cotton or cotton-lined underwear.
- Don’t wear tight restrictive garments (girdles, tight blue jeans)
- Wear knee or thigh highs instead of pantyhose.

SELF-CARE FOR YEAST INFECTIONS

If you have a history of yeast infections and current symptoms are the same and you have used an over-the-counter remedy successfully in the past, use the same or similar product (such as Monistat and Gyne-Lotrimin).

Avoid having sexual intercourse until symptoms are completely gone, as re-infection may occur. If symptoms do not clear up, or if they return after treatment, see a healthcare provider.

For possible vaginal infections/problems, make an appointment at the ECU Student Health Service.