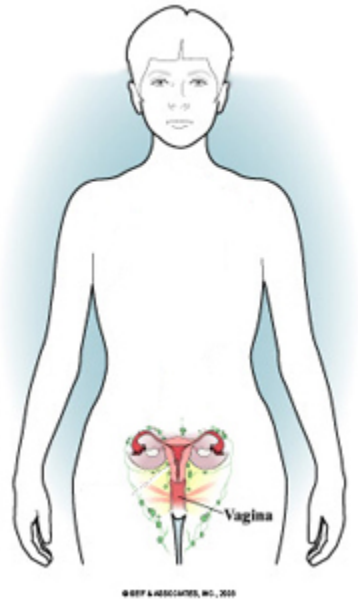
Vaginitis

Vaginitis in a soreness, swelling and redness (*inflammation*) of the vagina and vulva. This is not a sexually transmitted infection.



CAUSES

Yeast vaginitis is caused by yeast (*candida*) that is normally found in your vagina. With a yeast infection, the candida has over grown in number to a point that upsets the chemical balance.

SYMPTOMS

- White thick vaginal discharge.
- Swelling, itching, redness and irritation of the vagina and possibly the lips of the vagina (*vulva*).
- Burning or painful urination.
- Painful intercourse.

HOME CARE INSTRUCTIONS

- Finish all medication as prescribed.
- **Do not** have sex until treatment is completed or instructed by your healthcare giver.
- Take warm sitz baths.
- **Do not** douche.
- **Do not** use tampons, especially scented ones.
- Wear cotton underwear.
- Avoid tight pants and panty hose.
- Tell your sexual partner that you have a yeast infection. They should go to their caregiver if they have symptoms such as mild rash or itching.
- Your sexual partner should be treated if your infection is difficult to eliminate.
- Practice safer sex. Use condoms.
- Some vaginal medications cause latex condoms to fail. Ask your caregiver this.

SEEK MEDICAL CARE IF:

- You develop a fever.
- The infection is getting worse after 2 days of treatment.
- The infection is not getting better after 3 days of treatment.
- You develop blisters in or around your vagina.
- You develop vaginal bleeding, and it is not your menstrual period.
- You have pain when you urinate.
- You develop intestinal problems.
- You have pain with sexual intercourse.

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