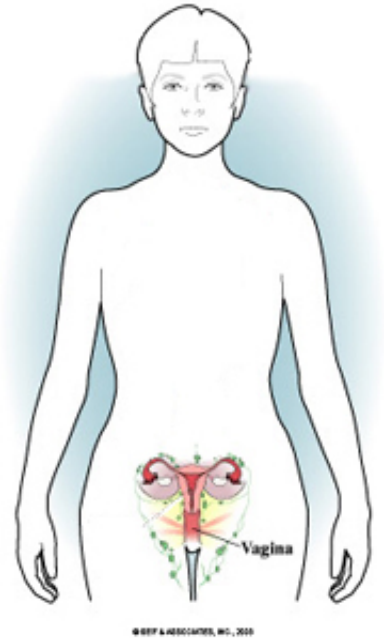
Vaginitis

Vaginitis is when the vagina is sore, puffy (*swollen*), and red (*inflamed*). When the vulva is irritated, it is vulvitis. Usually, vulvitis is involved with vaginitis, but not always.



CAUSES

- Yeast (*candida*) that has become overgrown.
- Bacteria.
- Viruses.
- Allergies.
- Lack of female hormones.

HOME CARE

- Finish all medicine as told by your doctor.
- **Do not** have sex until treatment is done or as told by your doctor.
- Take warm baths or sit in warm water (*sitz bath*).
- **Do not** douche.
- **Do not** use tampons, especially scented ones.
- Wear cotton underwear.
- **Do not** wear tight pants or pantyhose.
- Tell your sex partner that you have a yeast infection. He or she should see a doctor if he or she has symptoms, such as a mild rash or itching.
- Your sex partner should be treated if your infection is hard to get rid of.
- Use a cream to stop the itching. Make sure it is approved by your doctor.

GET HELP IF:

- The infection does not go away with treatment.
- You or your child has a temperature by mouth above 102° F (38.9° C).
- You or your child has belly (*pelvic* or *abdominal*) pain.
- You or your child has bleeding from the vagina.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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