

Vaginal Hygiene

Suggestions for preventing recurrent vaginal infections (such as Yeast Infections or Bacterial Vaginosis) as well as alleviating symptoms such as vaginal burning and itching that are not caused by an infection:

- Avoid hot tubs, bubble baths and other scented bath products.
- Do not use scented body wash or harsh soaps on your genitals.
- Avoid douches: Your vagina doesn't require extra cleaning other than normal bathing. Douching disrupts normal vaginal organisms which increases your risk of vaginal infections.
- Avoid "Feminine hygiene" sprays, powders or rinses.
- Do not wear panty-liners daily.
- Avoid using scented, deodorant or coloured pads, tampons or toilet paper.
- Use non-scented, bleach-free laundry detergent and fabric softener.
- Wipe from front to back in order to keep bacteria from your rectal area from getting into your vagina.
- Wear cotton underwear during the day. Avoid thongs or synthetic underwear.
- Do not wear underwear at night.
- Avoid wearing tight clothing (i.e. pantyhose, bathing suits, biking shorts, leotards) for long periods of time; yeast thrives in a moist environment.
- Use latex/polyurethane condoms to help decrease the risk of infections spread by sexual contact.

Adopted from:

"Patient information: Vaginal discharge in adults (Beyond the Basics)." www.uptodate.com.

Accessed April 8, 2012.

"Vaginal Discharge". Am Fam Physician.

2004 May 1;69(9):2191-2192.

"Mayo Clinic: Vaginitis Prevention". www.mayoclinic.com

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