

A healthy vagina depends on a fragile balance.

Vaginal douching is not recommended or necessary for good vaginal health.

True or False

A woman needs to douch after her period to clean herself out.....False

Your period is a natural process and the vagina will cleanse itself with its normal discharge.....True

Discharge from the vagina always means you have a vaginal infection.....False

Some discharge from the vagina is normal (if a woman has vaginal itching, soreness, pain, burning, a discharge that has a different color or has an unusual odor, she should see her health care provider to be evaluated).....True

Remember: it is normal for women to have some vaginal discharge. It is a natural cleansing of the vagina.

Normal vaginal discharge comes from the cervix and glands in the vagina.

Normal discharge may be clear, white or pale yellow and can differ in amount, depending on where a woman is in her cycle.

Normal discharge may be dry, tacky, creamy, or very wet and slippery.

Several tiny normal organisms live in the vagina and help to keep a healthy balance.

Douching upsets this balance and can make a woman more at risk for vaginal infections and may introduce new bacteria into the vagina or cervix.

How to keep your vagina healthy

- ✓ Wash the outside of your vagina daily with a mild soap and warm water.
- ✓ Keep your immune system healthy
 - eat a good diet
 - get enough sleep
 - exercise regularly
 - drink 8-10 glasses of water daily
 - avoid stress
- ✓ After going to the bathroom wipe from the front to the back (this will avoid bringing bacteria from your rectum across your vagina).
- ✓ Wear cotton underwear.
- ✓ Avoid bubble baths.
- ✓ Avoid feminine hygiene sprays and powders.
- ✓ Protect yourself from Sexually Transmitted Infections (STI's).

Vaginal Health Care



DHHS funds were used for production of this pamphlet

