



Vaginitis

Vaginitis is an inflammation of the vagina that can result in discharge, itching and pain. The cause is usually a change in the normal balance of vaginal bacteria or an infection.

Vaginitis symptoms may include:

- Change in color, odor or amount of discharge from your vagina
- Vaginal itching or irritation
- Painful urination
- Light vaginal bleeding

Frequently, the following steps are all that are needed to treat and prevent most types of vaginitis:

1. Soak in warm bath water with ¼ cup of baking soda sprinkled in.
2. Avoid bubble baths, hot tubs and whirlpool spas. Rinse soap from your outer genital area after a shower/bath, and dry the area well to prevent irritation. Don't use scented or harsh soaps, such as those with deodorant or antibacterial action.
3. Wipe from front to back after using the toilet. Doing so avoids spreading fecal bacteria to your vagina.
4. Wear cotton and loose fitting clothing.
5. Do not wear underwear to bed.
6. Eat yogurt that contains active lactobacillus cultures. This sometimes may help reduce recurrent vaginal yeast infections. Lactobacillus is a type of "good" bacteria that's common in your vagina.
7. Treat constipation, if necessary, with Milk of Magnesia 1 tsp orally prior to bedtime for 1 week.