

# Vaginitis



## What Is It?

- Infections & inflammation of the vagina
- Caused by: disruption of the natural balance of bacteria and yeast in the vagina
- Most common types: Yeast, Bacterial Vaginosis (BV), Trichomoniasis (“Trick”)

## Types

### *Yeast:*

- Caused when a naturally occurring fungus called *Candida albicans* grows too fast

### *Bacterial Vaginosis:*

- Most common type of vaginitis
- Results from overgrowth of several kinds of bacteria

### *Trichomoniasis:*

- Caused by the parasite *Trichomonas vaginalis*, spread through sexual intercourse

## Risk Factors

- Sexual intercourse
- Medications such as antibiotics & steroids
- Douching
- Damp Underwear
- Tight Pants, Thong Underwear
- Vaginal Products (Feminine sprays, lubricants, perfumed soaps)
- Hormone changes that come with pregnancy or monthly periods
- Oral Contraceptive Pills
- Diabetes

## Signs & Symptoms

### *Yeast:*

- White, thick “cottage cheese” discharge
- Pain, itching, burning and/or redness around the vagina
- Burning and/or pain with urination or with sexual intercourse

### *Bacterial Vaginosis:*

- Grayish-white discharge
- Foul “fishy” odor usually more noticeable after intercourse

### *Trichomoniasis:*

- Frothy, yellowish-green or gray discharge
- Bad smell
- Itching in or around the vagina
- Burning and/or pain with urination or with sexual intercourse



## Before Your Exam

- Plan the exam when you are not having your period
- Do NOT use douches, vaginal sprays, creams, suppositories for two days before the exam
- Do NOT have sex for two days before the exam

## How is it Diagnosed?

- Review of Symptoms
- Physical Exam
- Sample of Vaginal Fluid visualized under microscope

## Treatment

### *Yeast:*

- Over the counter antifungal treatments such as suppositories (pills that you put into the vagina) or creams
- Oral prescription medication
- WARNING – some yeast medications weaken latex condoms and diaphragms so it is a good idea to refrain from intercourse while taking medication

### *Bacterial Vaginosis*

- Prescription medication (creams, gels, pills)

### *Trichomoniasis*

- Oral prescription medication
- Sexual partner must be treated and no sexual intercourse until treatment is finished

## Prevention

- Wipe from front to back after using the toilet to avoid spreading fecal bacteria to your vagina.
- Eat well. Include foods such as yogurt that have lactobacillus and other species.
- Don't use bath oils, bubble baths, feminine hygiene sprays, douches or perfumed soaps.
- Avoid baths, hot tubs, and whirlpool spas.
- Wear all-cotton underwear. Don't wear thongs or garments that are too tight in the crotch. Change underwear and workout clothes after sweating.
- Don't sit in a wet bathing suit. Shower after you swim in a pool to remove chlorine from your skin and dry the vaginal area well.
- Use unscented tampons or sanitary pads. Change them often.
- Use condoms to help avoid infections spread by sexual contact.



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