

MATTHEW S. COHEN, MD FAAP
PATIENT INSTRUCTION SHEET

VAGINITIS

You have been told by the doctor that you have an infection of the vagina. You are probably having an abnormal amount of discharge, possibly foul smelling. The vaginal area may be irritated, red, and/or itchy. There are many reasons why vaginal infections occur, such as pregnancy, use of antibiotics, moist environments or even the use of birth control pills. It does not necessarily mean that you have a sexually transmitted disease.

INSTRUCTIONS:

1. Keep vaginal area clean and dry.
2. Wear only cotton underpants.
3. Always clean vaginal area from front to back after urinating and moving bowels.
4. Avoid excessive douching.

MEDICATION: _____ DOSE: _____ EVERY _____
FOR _____ DAYS

If the medicine is a vaginal cream or suppository, here are a few important instructions:

- Wash your hands before and after inserting medicine.
- Follow printed instructions in box on how to insert, for example, lying down with hips elevated on pillows.
- The medication may turn the discharge the color of the cream or tablets.
- Avoid sex at this time until the infection has been fully treated.
- Continue the medication for the prescribed number of days, even if the symptoms have disappeared. If the infection does not resolve within this time, return to the office.

If you have any questions, please call.