Vaginal Yeast Infection

How do I know if I have a yeast infection?

They are usually not serious but can be very uncomfortable. Symptoms include the following:

- Itching and burning in the vagina and around the vulva (the skin that surrounds your vagina)
- A white vaginal discharge that may look like cottage cheese
- Pain during sexual intercourse
- Swelling of the vulva

How are these infections treated?

They are usually treated with medicine (cream or suppository) that you put into your vagina. Medicine in a cream form can also be put on your vulva to help relieve itching. Medicine in a pill form that you take by mouth is also available.

Should I see my doctor?

Yes! See your doctor the first time you have symptoms. The symptoms of a yeast infection are also the symptoms of other infections, such as some STDs.

How can I avoid getting another infection?

- Don't wear tight-fitting clothes.
- Wear cotton not synthetic panties
- Don't wear pantyhose/leotards every day.
- Wipe from front to back after using the toilet.
- Keep genital area dry. Try using your blow dryer on a low, cool setting after bathing