

Vaginal Infection

A vaginal infection, also called vaginitis, is the irritation of the vagina that causes changes in vaginal discharge, itching, odor and other signs.

Most women have some vaginal discharge. This discharge keeps the vagina clean and moist. Normal discharge has a mild odor and should be clear, white or yellow. It may leave a yellowish color on your underpants when it dries. You may have a few days of heavy, clear, slippery discharge about halfway between your monthly periods. This occurs when an ovary releases an egg.

Signs

You may have one or more of these signs with a vaginal infection:

- Change in the amount, color or odor of vaginal discharge
- Itching or burning around the vagina
- Burning when urinating
- An urge to urinate more often
- Sores or warts near the vaginal opening
- Painful sexual intercourse
- Chills or fever
- Stomach or abdominal pain or cramping

Call your doctor if you have any signs of infection. Your doctor will do an exam to find out the type of infection you have.

陰道感染

陰道感染，亦稱陰道炎，是陰道受到刺激，導致陰道排出物發生變化、陰道搔癢、異味和其他症狀。

大多數婦女都有陰道排出物。陰道排出物保持陰道清潔和濕潤。正常的排出物稍有氣味，應該是無色、白色或黃色。陰道排出物乾燥後，可能在內褲上留下黃色的痕跡。大約在兩次月經的中間，有幾天的陰道排出物可能量多、無色、濕滑。這時是卵巢的排卵期。

症狀

發生陰道感染時，可能會有以下一種或多種症狀：

- 陰道排出物的數量、顏色或氣味發生變化
- 陰道周圍搔癢或灼痛
- 排尿時有灼痛
- 尿意頻繁
- 陰道口潰瘍或長疣
- 性交疼痛
- 畏寒或發燒
- 胃或腹部疼痛、痙攣

如果有任何感染症狀，**應立即致電醫生**。醫生會進行檢查，確定屬於何種感染。

Types of Vaginal Infection

- **Yeast Infection**

Yeast infections are caused by fungus. Vaginal discharge is thick, white and looks like cottage cheese. There is a strong, but not foul odor. Yeast infections can cause vaginal itching.

- **Bacterial Vaginosis (BV)**

Bacteria that live in stool cause this type of vaginal infection. Vaginal discharge is watery, gray in color, heavy and foul smelling. There may be pain during urination and itching around the vagina.

- **Atrophic Vaginitis**

The thinning and shrinking of the vagina cause this infection. It can occur when estrogen levels are low after menopause, childbirth or while breastfeeding. It may cause discharge, itching and burning. Urination and sexual intercourse may become difficult and painful.

- **Trichomoniasis Vaginitis**

“Trich” is a sexually transmitted infection caused by a parasite. Heavy discharge with odor, itching, and painful sexual intercourse and urination may occur. Some women have no signs. You may become infected again if your partner is not also treated.

Your Care

See your doctor if you have any signs of infection. Your treatment may include:

- **Medicines**

- ▶ Finish all of your medicine as ordered. The infection may still be present even if the discharge goes away before the medicine is finished.

陰道感染的種類

- **霉菌性感染**

霉菌性感染是由真菌引起的。陰道排出物很粘稠，呈白色，外觀像乳酪。有濃重的氣味，但並非惡臭。霉菌性感染可導致陰道搔癢。

- **細菌性陰道病（BV）**

此類陰道感染由糞便內的細菌所導致。陰道排出物為水樣，呈灰色，量多，有惡臭。排尿時可能疼痛，陰道周圍搔癢。

- **萎縮性陰道炎**

陰道變薄和萎縮，導致此類感染。停經後、生產或哺乳期雌激素含量低，可能發生萎縮性陰道炎。萎縮性陰道炎可導致排出物、搔癢和灼痛。排尿和性交可能困難和疼痛。

- **滴蟲性陰道炎**

「滴蟲病」是一種由寄生蟲引起的性病。可能出現陰道排出物量大，有異味，陰道搔癢，性交疼痛，排尿疼痛。有些婦女沒有症狀。如果伴侶不同時接受治療，可能會重複感染。

診治

如果任何感染症狀，應立即去看醫生。治療方法：

- **藥物**

- ▶ 遵醫囑咐服完所有藥物。藥物服完前，即使排出物消失，感染可能仍存在。

- **Bathing**
 - ▶ Bathe or shower each day and clean the area around the vagina well.
 - ▶ Keep the area as dry as you can. Wear cotton underwear.
- **Sanitary pads**
 - ▶ Use sanitary pads if there is a lot of discharge.
 - ▶ **Do not** use tampons to absorb discharge.

Both you and your partner may need treatment as **some types of vaginal infections can be spread by sexual contact**. Ask your doctor if your partner needs treatment. If you are told to return for a follow up check, be sure to schedule an appointment for that.

Preventing Vaginal Infections

If you have a vaginal infection that keeps coming back, try these tips to help prevent it:

- Avoid spreading germs from the rectum to the vagina. After a bowel movement, wipe from front to back, away from the vagina.
- Clean the lips of the vagina well and keep the area as dry as possible.
- Avoid irritating soaps or detergents, feminine hygiene sprays, perfumed toilet paper or perfumed tampons.
- Clean diaphragms and spermicidal applicators with hot soapy water and rinse well.

- **洗澡**
 - ▶ 每天盆浴或淋浴，洗淨外陰。
 - ▶ 儘量保持外陰部位乾燥。穿棉製內衣。
- **衛生棉**
 - ▶ 如果排出物量大，使用衛生棉。
 - ▶ **切勿**使用衛生棉條來吸收排出物。

有些陰道感染可能透過性接觸而傳播，因此患者和患者的伴侶有可能需要同時接受治療。請向醫生詢問自己的伴侶是否需要接受治療。如果醫生要求複查，務必預約時間接受複查。

預防陰道感染

如果陰道感染反覆發作，應試用下列預防措施：

- 避免細菌從直腸傳播到陰道。大便後，自前向後擦拭，避免接觸陰道。
- 洗淨陰唇，儘量保持外陰乾燥。
- 避免使用刺激性的肥皂或洗滌劑、女用衛生噴霧、帶香味的衛生紙或帶香味的衛生棉條。
- 用熱肥皂水清乾淨避孕膜和殺精劑施藥器並沖洗。

- **Do not douche.**
 - ▶ Using a douche can wash away good bacteria and cause you to have more vaginal infections.
 - ▶ Your vaginal discharge will smell different during your monthly cycle. This is normal. If you have an odor that does not go away after washing, check with your doctor or nurse.
 - ▶ Douching after sexual intercourse does not prevent pregnancy.
 - ▶ Women who douche may have more of a chance of getting pelvic inflammatory disease.
- Avoid tight jeans, panties or panty hose without a cotton crotch, and other clothing that can trap moisture.
- Do not use home remedies. Home remedies only hide the problem.
- Use condoms to protect yourself from sexually transmitted diseases (STDs).

Talk to your doctor or nurse if you have any questions or concerns.

- **切勿盥洗陰道。**
 - ▶ 盥洗陰道可能會洗走良性細菌，導致陰道感染增加。
 - ▶ 月經期間，陰道排出物的氣味可能有變化，這是正常現象。如果有無法洗去的異味，須諮詢醫生或護士。
 - ▶ 性交後盥洗陰道並不能防止懷孕。
 - ▶ 盥洗陰道會增加盆腔發炎性疾病的發生率。
- 避免穿緊身長褲、游泳褲或沒有純棉褲襠的褲襪和其他透氣性不佳的衣物。
- 切勿自行治療。自行治療只會加劇問題。
- 應該使用保險套來預防感染性病（STD）。

如果有任何疑問或擔心，請諮詢醫生或護士。

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Vaginal Infection. Traditional Chinese