

# 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.

## 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.

# 阴道感染

阴道感染，也称作阴道炎，是阴道受到刺激，导致阴道排出物发生变化、阴道瘙痒、异味和其他症状。

大多数妇女都有阴道排出物。阴道排出物保持阴道清洁和湿润。正常的排出物稍有气味，应该是无色、白色或黄色。阴道排出物干燥后，可能在内裤上留下黄色的痕迹。大约在两次月经的中间，有几天的阴道排出物可能量多、无色、湿滑。这时是卵巢的排卵期。

## 症状

发生阴道感染时，可能会有以下一种或多种症状：

- 阴道排出物的量、颜色或气味发生变化
- 阴道周围瘙痒或灼痛
- 排尿时有灼痛感
- 尿意频繁
- 阴道口溃疡或长疣
- 性交疼痛
- 畏寒或发烧
- 胃或腹部疼痛、痉挛

如果有任何感染症状，应**立即致电医生**。医生会进行检查，确定属于何种感染。

## 阴道感染的种类

### • 酵母菌感染

酵母菌感染是由真菌引起的。阴道排出物很粘稠，呈白色，外观象乳酪。有浓重的气味，但并非恶臭。酵母菌感染可导致阴道瘙痒。

- **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 causes 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.
- 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 infection 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.

- **细菌性阴道炎 (BV)**

此类阴道感染由粪便内的细菌所导致。阴道排出物为水样，呈灰色，量多，有恶臭。排尿时可能疼痛，阴道周围搔痒。

- **萎缩性阴道炎**

阴道变薄和萎缩，导致此类感染。停经后、生产或哺乳期雌激素水平低，可能发生萎缩性阴道炎。萎缩性阴道炎可导致排出物、搔痒和灼痛。排尿和性交可能困难和疼痛。

- **滴虫性阴道炎**

“滴虫病”是一种由寄生虫引起的性传播感染。可能出现阴道排出物量大，有异味，阴道搔痒，性交疼痛，排尿疼痛。有些妇女没有症状。如果伴侣不同时接受治疗，可能会重复感染。

## 诊治

如果任何感染症状，应立即去看医生。治疗方法：

- **药物**

- ▶ 遵医嘱服完所有药物。药物服完前，即使排出物消失，感染仍可能存在。

- **洗澡**

- ▶ 每天盆浴或淋浴，洗净外阴。
- ▶ 尽量保持外阴部位干燥。穿着棉制内衣。

- **卫生巾**

- ▶ 如果排出物量大，使用卫生巾。
- ▶ **切勿**使用卫生棉条来吸收排出物。

**有些阴道感染可能通过性接触而传播**，因此患者和患者的伴侣有可能需要同时接受治疗。请向医生询问自己的伴侣是否需要接受治疗。如果医生要求复查，务必预约时间接受复查。

## **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.
- **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.**

## 预防阴道感染

如果阴道感染反复发作，应尝试以下预防措施：

- 避免细菌从直肠传播到阴道。大便后，自前向后擦拭，避免接触阴道。
- 洗净阴唇，尽量保持外阴干燥。
- 避免使用刺激性的肥皂或洗涤剂、女用卫生喷雾、带香味的卫生纸或带香味的卫生棉条。
- 用热肥皂水清干净避孕膜和杀精剂施药器并冲洗。
- **切勿盥洗阴道。**
  - ▶ 盥洗阴道可能会洗走良性细菌，导致阴道感染增加。
  - ▶ 月经期间，阴道排出物的气味可能有变化。这是正常现象。如果清洗后仍有异味，应咨询医生或护士。
  - ▶ 性交后盥洗阴道并不能防止怀孕。
  - ▶ 盥洗阴道会增加盆腔炎的发病率。
- 避免穿紧身长裤、游泳裤或没有纯棉裤裆的裤袜和其他透气性不佳的衣物。
- 切勿自行治疗。自行治疗只会加剧问题。
- 应使用安全套来预防感染性传播疾病 (STD)。

如果您有任何疑问或关注，请与您的医生或护士讨论。