ترشحات عادی و از‌والنتی چیست؟
همه بانوان ترشحات واژنی دارند. میزان این ترشحات در هر خانمی متفاوت است. برخی موثر سالم‌تر شدن و بهبود سلامت جنسیتی این ترشحات می‌باشد. افرادی که نگران مشکلات جنسی و تولید مثل شخصی هستند، درباره هر نوع ترشحاتی که دارند می‌توانند با پزشک مشورت کنند.

چگونه بدانم که عفونت واژنی داشته‌ام؟
شما ممکن است موارد زیر را در خلال زندگی خود دیده‌اند:
- عفونت واژنی ناشی از انتقال باکتریایی می‌باشد.
- افزایش میزان ترشحات واژنی یا بوی نامطلوب و غیر عادی
- احساس درد در هنگام ادرار
- احساس درد در هنگام آمیزش جنسی
- برای تشخیص رسمی عفونت واژنی بهتر است به دکتر یا نورس اعزام شوید.

چه کاری جهت سالم نگه‌داشتن واژن و مهبل خود می‌توانم انجام دهم؟
چندین کار ساده وجود دارد که شما می‌توانید آن را انجام دهید:
- تغییرات عادی واژنی چیست؟
- با خط تلفن فامیلی پلنینگ ایالت نیو ساوث ولز شماره 08886-1200 تماس وبا یا به این www.fpnsw.org.au/talkline از آر اس (برای افراد ناشنوا) 132777 یا به نورس (Family Planning) بیشتر

جهت اطلاعات بیشتر
با خاص مطالعات فیلمفیک پلنینگ ایالت نیو ساوث ولز شماره 08886-1200 تماس وبا یا به این www.fpnsw.org.au/talkline از آر اس (برای افراد ناشنوا) 132777 یا به نورس (Family Planning)
COMMON VAGINAL AND VULVAL CONDITIONS

What Is A Normal Vaginal Discharge?
All women have a vaginal discharge. The amount varies from woman to woman. It is sometimes heavier, sometimes lighter, and sometimes you won’t notice it at all.

Menopausal women often notice that they have less vaginal discharge. It also depends on where a woman is in her menstrual cycle and whether she is using hormonal contraception. The discharge keeps the vagina healthy, but sometimes it changes in a way that causes problems.

How Would I Know If I Had A Vaginal Infection?
You might notice:

• itching, burning or soreness around the vaginal area
• an increase in the amount of vaginal discharge or an unusual or unpleasant smell
• pain on passing urine
• painful intercourse

If you have any of these symptoms you should see your doctor or Family Planning clinic.

What Can I Do To Keep My Vagina And Vulva Healthy?
There are a number of simple things you can do:

• Wear cotton or silk underwear rather than synthetics and change daily. Wear tights or stockings for as short a time as possible

• Wash underwear in hot water and pure soap and double rinse to make sure any irritants are removed before you wear them

• Change out of damp swimming costumes or sports clothes as soon as possible after swimming or exercise

• Use tampons instead of sanitary pads or panty liners. If using pads, change them regularly and avoid perfumed or deodorised pads and tampons

• Avoid tight fitting clothes such as jeans as this creates a moist, warm environment that encourages the overgrowth of bacteria and yeasts

• Never douche - except if it is specifically prescribed by a doctor to treat an infection. Douching increases your risk of vaginal irritation. A healthy vagina does not need a vaginal deodorant

• Avoid using soaps, bubble baths, bath salts, perfumes and perfumed talcs around the vaginal area. And never ever use anything harsh such as disinfectants - even diluted, near your vagina

• A gentle moisturiser like aqueous cream may be advised. Use water or soap substitutes to wash the area

• Always wipe from the front to the back after going to the toilet since this stops bowel organisms being swept into the vagina. Don’t use perfumed toilet paper because it can cause irritation.

Sometimes vaginal and vulval symptoms can be due to other more serious causes so if your symptoms do not get better make sure you see your doctor for a check up.

For Further Information
• Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
• NRS (for deaf) 133 677
• Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.