

Feminine Hygiene

Prevention Strategies

- Condoms, condoms, condoms.
- Female condoms provide more coverage and prevent any genital contact thus providing more protection against sexually transmitted infections.
- Urinate after each episode of sex within about 30 minutes to help prevent urinary tract infections.
- Urinate when the urge arises. Holding urine can promote urinary tract infections.
- Clean genital and anal area before sex especially if urinary tract infections have been a frequent problem.
- Wipe from front to back to prevent the spread of bacteria from the anal area.
- Get out of wet clothes after exercise or sweating and get into something dry. Moisture promotes yeast infections.
- Sleep without underwear so moisture is not an issue. This is the one time of day clothes are not necessary.
- Don't wear mini-pads or panty liners on a daily basis to catch a vaginal discharge. This promotes moisture and increases the discharge.
- Don't douche. It washes away good bacteria and can promote vaginal infections.