

Yeast Infections

Be sure to use all the medicine your doctor prescribes or tells you to buy for the yeast infection. Use the following guidelines to help prevent irritation and yeast infections.

1. Always wipe from front to back. Use only white toilet paper.
2. **DO NOT DOUCHE (!)** unless your doctor or other health care provider tells you. Douching washes out the normal vaginal bacteria, which help control the growth of some types of yeast infections.
3. **WEAR ONLY COTTON PANTIES.** Cotton helps keep you dry. Panties with a cotton crotch covered by nylon will not keep you dry. If possible, do not wear pantyhose. If you must wear them, limit wearing time and wear only hose with a cotton crotch.
4. Sleep without panties or wear loose-fitting pajamas.
5. Use only mild bath soaps (Dove, Tone, Camay). Deodorant soaps can irritate delicate skin. Do not flush water into the vagina while bathing.
6. Do not use deodorant tampons, pads, or feminine sprays. Scented body powder, bath oil, and bubble bath can also irritate the skin. Fabric softener can remain in clothing and irritate the skin.
7. Do not use tampons for light days. Use only unscented mini-pads.
8. Irritated skin gets infected easily. Clean and rinse the bathtub thoroughly before you take a bath.
9. Be sure to use all the medicine your doctor prescribes or tells you to buy for the infection.

Special Instructions
