



Vaginal discharge and itching

Some discharge is normal and changes through your cycle. A change in colour, smell or amount, or itching and soreness, can mean an infection that is usually easy to treat.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ My discharge has changed colour (white, grey, yellow or green)
- ☐ It is thick, like cottage cheese
- ☐ It is thin and watery, with a fishy smell
- ☐ It is frothy or yellow-green
- ☐ I have itching, burning or soreness
- ☐ It hurts when I pass urine or have sex
- ☐ I have sores, blisters or lumps
- ☐ I have had this more than three times in a year
- ☐ I am pregnant
- ☐ I have diabetes, or recently took antibiotics

GET HELP NOW IF

- Fever with lower tummy pain
- You are pregnant and have pain, bleeding or a gush of fluid
- Severe pain or swelling

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



SYMPTOM RECORD

Date	Discharge: colour, amount, smell	Itch or soreness	Pain	Treatment used

BEFORE YOUR VISIT

- If you can, avoid douching, vaginal washes and creams for two days before.
- You can be seen during your period; please tell us.
- Bring the names of any treatments you have tried.
- Note whether your partner has any symptoms.

QUESTIONS YOU MAY WANT TO ASK

- What type of infection is this?
- Do I need a swab test?
- Does my partner need treatment, and how can I stop it coming back?

