

**Evita GyneCare Clinic**

evitagynecarehospital.com

## **Vaginal Discharge & Itching Self-Check**

Self-awareness only (not a diagnosis). Decide if it's time to book a visit.

## Tick what applies:

### Symptoms

- ☐ Itching/burning at the vagina/vulva.
- ☐ Unpleasant smell or change in odor.
- ☐ Change in discharge (thin/gray, thick/curdy, yellow/green).
- ☐ Pain during sex or burning while passing urine.
- ☐ Vulvar redness, swelling, cracks, or soreness.

### Patterns & triggers

- ☐ Symptoms keep coming back ( $\geq 2$  times in 6 months).
- ☐ Symptoms started after antibiotics or a new product/soap.
- ☐ New sexual partner or unprotected sex recently.

### Special situations

- ☐ I'm pregnant / recently postpartum.
- ☐ I have diabetes/low immunity, or I'm on steroids.

## Quick notes (fill in):

Duration: \_\_\_\_\_  
days/weeks

Any fever? ☐yes ☐no

Pregnant? ☐yes ☐no ☐not sure

### Book a check-up if ANY apply:

- You ticked 2+ symptoms, or symptoms last  $>7$  days.
- Recurrent symptoms (they keep returning).
- Pain, bleeding, sores, or partner symptoms are present.

### Urgent care today if:

- Fever with pelvic pain, severe lower abdominal pain.
- Painful blisters/ulcers, or rapidly worsening swelling.
- Pregnancy + bleeding/pain, or reduced fetal movements later in pregnancy.

### You don't need to "just live with it." Relief starts with the right test.

Bring this page and say: "I have new/recurrent vaginal symptoms and want proper testing."

Important: Self-awareness only. This does not confirm a diagnosis.

## **Evita GyneCare Clinic**

# **Vaginal Discharge & Itching Self-Check (visit prep)**

Bring this page to help your doctor plan the right evaluation.

### **Bring / note these:**

- Describe discharge: color, smell, and whether watery/curdy/frothy.
- Recent triggers: antibiotics, new products, douching/"washes".
- Any urinary burning, pelvic pain, or pain with sex.
- Last period date and pregnancy possibility (if relevant).
- Partner symptoms (itching, discharge, sores) if any.

### **What your clinician may do:**

- Focused exam (only with consent) and basic tests if indicated.
- Swabs/NAAT tests if STI risk or recurrent symptoms.
- Discuss safe treatment options; avoid unnecessary repeat self-medication.
- Prevention tips tailored to your pattern.

**You deserve clarity - and you deserve respectful care.**

To book: [evitagynecarehospital.com](http://evitagynecarehospital.com)