

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 (≥ 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.

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(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