These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

**Self-care Instructions for Vaginal Discharge, Itching, Irritation, or Pain**

In most women, it is normal to have a little bit of odorless discharge from the vagina. But if the discharge is out of the ordinary (looks like cottage cheese or smells fishy) or if you have itching, irritation, or pain, use this symptom evaluation chart.

- Are you or could you be pregnant? _YES_  
  - NO

- Have you been on an antibiotic lately for another illness? _YES_  
  - NO

- Are you having pain or difficulty urinating? _YES_  
  - NO

- Do you have a lump or sore in your vaginal area? _YES_  
  - NO

- Do you have a fever or stomach pain? _YES_  
  - NO

- Are you having pain in your lower stomach or pelvic area? _YES_  
  - NO

- Are you having bloody discharge? _YES_  
  - NO

- Do you have pain during vaginal intercourse? _YES_  
  - NO

- Are you bleeding after vaginal intercourse? _YES_  
  - NO

Get medical help right away.

Get a self-testing diagnosis kit from the OTC Pharmacy

Go to Sick Call
Vaginal Discharge, Itching, Irritation, or Pain – continued

Use self-care measures:

- If you have white cottage-cheese like discharge, or green/gray discharge that smells fishy, go to your military treatment facility and get a self-testing diagnosis kit for vaginitis. Follow the directions in the kit and take the results to provider as directed in the kit.
- Avoid perfumed products such as soaps, menstrual protection products, tampons, and other scented feminine hygiene products.
- Wear cotton underwear and keep the area as dry as possible.
- During your period, change tampons and sanitary napkins frequently. Change your tampon at least 3 times a day, or every 4-8 hours.
- Do not douche.
- Use a condom during vaginal intercourse until the problem has cleared up.

If the problem does not clear up as expected, go to sick call. Follow the chart if you get any of the symptoms listed.