

*If you have
any questions,
please ask your
physician.*

Vaginal Discharge

Vaginal discharge is fluid that comes from the vagina. It is normally clear to white and watery. Some amount of vaginal discharge is normally secreted by your body. It helps keep your vagina healthy.

The amount and type of discharge you have can change with your hormone levels. For example, it is normal to have more vaginal discharge during pregnancy or before your period. The discharge may also be thicker and whiter at these times.

Abnormal vaginal discharge

Vaginal discharge is not normal if it smells fishy or bad. It should not be foamy or blood-tinged. It may be abnormal if it is yellow or green.

Contact your physician if you have any of the following symptoms along with changes in your vaginal discharge:

- Temperature more than 100.4 degrees F
- Pain when having sex
- Pain when urinating
- Redness, swelling or itchiness of the vagina or the area around the vagina

Causes of abnormal vaginal discharge

Common causes for abnormal vaginal discharge include:

- Infection
- Menopause
- Some vaginal hygiene practices like douching or using scented products

Preventing abnormal vaginal discharge

There is no way to make sure you will not develop abnormal vaginal discharge. But, you can lower your risk of having abnormal vaginal discharge by doing these things:

- Do not douche. Your body keeps the vagina healthy and clean on its own.
- Avoid using scented wipes, soaps and other products near the vagina.
- Clean the skin around the vagina with warm water only