

Fact Sheet - Chinese

一般的陰道和外陰情況

Common Vaginal & Vulval Conditions

**什麼是正常的白帶？**

所有的女性都有白帶。不同女人之間的白帶分泌量是不同的。白帶有時多，有時少，有時您注意不到它。更年期婦女經常會發現，她們的白帶較少。白帶多少也取決於女人是否正處於月經期以及是否使用激素類避孕措施。白帶可保持陰道健康，但有時它會發生變化，從而引起問題。

如果我有陰道感染，如何發現？

您可能會注意到：

- 陰道周圍有瘙癢、灼熱或疼痛
- 白帶增多，或者有異常或難聞的氣味
- 小便時疼痛
- 性交時疼痛

如果您有任何這些癢狀，您應該去看醫生或到家庭生育計劃診所就診。

我可以做什麼以保持陰道和外陰健康？

有一些簡單的事情您可以做：

- 穿棉質或絲質，而不是人工合成材料的內褲，並每天更換。穿緊身褲或長襪的時間要盡可能短
- 用熱水和純肥皂清洗內褲，然後再沖洗兩次，以確保穿上之前任何刺激物已被清除掉
- 游泳或運動後，盡快換下潮濕的泳衣或運動服裝
- 使用衛生棉條而不是衛生巾或緊身內褲襯裏。如果使用衛生巾，要定期更換，並避免使用加香味或除臭的衛生巾和衛生棉條
- 避穿緊身的衣服，如牛仔褲，因為這會制造一個潮濕、溫暖的環境，使細菌和酵母過度生長
- 切勿灌洗陰部——除非是由醫生開的專門治療感染的處方。灌洗會增加刺激陰道的風險。健康的陰道是不需要陰道除臭劑的
- 避免在陰道周圍使用肥皂、泡泡浴、浴鹽、香水和芳香滑石。切勿在陰道附近部位使用任何刺激性的東西，如消毒劑——即使稀釋的

- 可以使用溫和的濕潤霜，如冷霜。用清水或肥皂替代品清洗陰部
- 上廁所時，應該總是從前面向後面擦拭，因為這將防止腸道微生物被拭進陰道。不要使用有香水的衛生紙，因為它可能會引起刺激。

有時，陰道和外陰癢狀可能是由其它更嚴重的原因引起的，因此，如果您的癢狀沒有緩和，請一定去看醫生，進行檢查。

欲了解更多的信息

- 打電話1300 658 886聯繫新南威爾士州家庭生育計劃協會（Family Planning NSW）Talkline 或訪問 www.fpnsw.org.au/talkline
- 全國轉接服務（NRS，為失聰人士提供）133 677
- 或親臨您附近的家庭生育計劃診所

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | 書店

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新南威爾士州家庭生育計劃協會（Family Planning NSW）是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

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Fact Sheet - English

COMMON VAGINAL AND VULVAL CONDITIONS



What Is A Normal Vaginal Discharge?

All women have a vaginal discharge. The amount varies from woman to woman. It is sometimes heavier, sometimes lighter, and sometimes you won't notice it at all.

Menopausal women often notice that they have less vaginal discharge. It also depends on where a woman is in her menstrual cycle and whether she is using hormonal contraception. The discharge keeps the vagina healthy, but sometimes it changes in a way that causes problems.

How Would I Know If I Had A Vaginal Infection?

You might notice:

- itching, burning or soreness around the vaginal area
- an increase in the amount of vaginal discharge or an unusual or unpleasant smell
- pain on passing urine
- painful intercourse

If you have any of these symptoms you should see your doctor or Family Planning clinic.

What Can I Do To Keep My Vagina And Vulva Healthy?

There are a number of simple things you can do:

- Wear cotton or silk underwear rather than synthetics and change daily. Wear tights or stockings for as short a time as possible
- Wash underwear in hot water and pure soap and double rinse to make sure any irritants are removed before you wear them
- Change out of damp swimming costumes or sports clothes as soon as possible after swimming or exercise
- Use tampons instead of sanitary pads or panty liners. If using pads, change them regularly and avoid perfumed or deodorised pads and tampons

- Avoid tight fitting clothes such as jeans as this creates a moist, warm environment that encourages the overgrowth of bacteria and yeasts
- Never douche - except if it is specifically prescribed by a doctor to treat an infection. Douching increases your risk of vaginal irritation. A healthy vagina does not need a vaginal deodorant
- Avoid using soaps, bubble baths, bath salts, perfumes and perfumed talcs around the vaginal area. And never ever use anything harsh such as disinfectants - even diluted, near your vagina
- A gentle moisturiser like aqueous cream may be advised. Use water or soap substitutes to wash the area
- Always wipe from the front to the back after going to the toilet since this stops bowel organisms being swept into the vagina. Don't use perfumed toilet paper because it can cause irritation.

Sometimes vaginal and vulval symptoms can be due to other more serious causes so if your symptoms do not get better make sure you see your doctor for a check up.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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