

Vaginal discharge

RFQs

- What is your discharge like? What does it smell like? Do you have any vulval skin changes or itchiness?
- Have you missed any periods? Was your last period unusual?
- Is it painful when you have sex? Do you bleed afterwards?
- Have you had a fever or abdominal pain?

Provide

Since you have no deep pain with sex, abnormal bleeding or fever or obvious skin changes, it would be OK to treat you for suspected bacterial vaginosis in the first instance. Unless you would prefer for us to do a vaginal examination and some swabs for sexually transmissible infections at this time?

Please don't drink any alcohol whilst you are using this medication. Take the tablets twice a day for 5 days, and if you are no better, we ought to do a vaginal examination and to take some swabs to look for infection including sexually transmissible diseases.

This sounds most likely to be thrush. How would you feel about us treating you for thrush in the first instance? Unless you would prefer for us to do a vaginal examination and some swabs for sexually transmissible infections at this time?

You have a choice between a fluconazole tablet (not during pregnancy) or a clotrimazole vaginal pessary. Which would you prefer?

Since you keep getting thrush we should check that you don't have diabetes. An average blood sugar test would help. Perhaps we might even need to think about your immune system. Is it worth thinking about doing an HIV test? Could you be at risk of HIV or any sexually transmissible infection?

Provide

Since you are concerned about your risk of having picked up a sexually transmissible infection let's arrange to have some tests done. You could either have these done at the local GUM clinic or our practice nurse will talk you through the tests. Our nurse could either do an examination, take swabs and do tests, or arrange for you to take the samples yourself. What would you prefer to do? Chlamydia tests might be better done 2 weeks after your sexual encounter. (HIV tests may take 2 months to become positive.) Which tests shall we do?

Safety net:

If you are no better we ought to do a vaginal examination and to take some swabs to look for infection including sexually transmissible diseases.

We need to see you urgently if you are unwell with lower abdominal pain, particularly if you have a fever, or if your last period is late or unusual.