



We've all been there.

You go to your doctor with a bunch of questions and inevitably walk out the door without having asked a few of them. Well, that won't happen with our comprehensive discussion guide! Be honest, be prepared, be proactive with your feminine health and get the solution that's best for you.

I'm experiencing...

- External itching, burning, redness, or swelling in the vaginal area
- Itching, burning, redness, or swelling inside the vagina
- Vaginal pain or discomfort during sex
- Pain or a burning sensation during urination
- More vaginal discharge than usual
- Vaginal discharge that smells fishy
- Vaginal discharge that looks like cottage cheese
- Frothy-looking vaginal discharge
- Unpleasant vaginal odor
- Occasional feminine itching
- Chafing or razor burn
- Other symptoms _____

My symptoms...

Started on: _____

Occur: Constantly Every few weeks Occasionally

My doctor also needs to know that....

- I have never had a yeast infection before
- I am pregnant or breast-feeding
- I have diabetes
- I may have a weakened immune system (cancer, AIDS, other conditions _____)
- I might have a sexually transmitted infection or STD
- I have a fever or pelvic/abdominal pain
- I have a fishy-smelling or yellow or grayish discharge
- I use feminine sprays or douches
- It has been less than 2 months since my last yeast infection
- I have had 4 or more yeast infections over the last year
- I exercise frequently
- I'm taking medication (include any birth control pills, herbal medications, supplements, and over-the-counter medications): _____