

# 1# WASH BUT NOT TOO MUCH



The inside of your vagina does not need to be cleaned.

The vagina has the incredible ability to **self-clean**. The secretions produce natural sexual odors that no soap will be able to remove.

If you clean your vagina too often and too aggressively, you risk experiencing **many infections** which can repeat themselves, and which will be difficult to get rid of. They are the ones that can produce abnormal discharge, discomfort and bad odors (urinary infections, vaginosis, mycoses, etc.).

How to gently wash your vulva?

Use a **mild, moisturizing soap adapted to the pH of your vagina** and do not direct the water jet inward

If it is too difficult for you not to douch, you can use Multigyn® to avoid damaging your vaginal flora.

# 2# WHEN YOU HAVE YOUR PERIOD



Hide your period without putting yourself in danger

- ✓ When you have your period, you can use **menstrual sponges**. They are inserted like a tampon and can stay in place during penetration. You can buy these sponges from the Aspasia association, in certain pharmacies and sexshops.
- ✗ **Nothing else is suitable to be inside your vagina:** neither wipes, nor cola, nor cotton, nor bleach...
- 👉 **To remove a menstrual sponge after intercourse:** you can push, as if you were forcing yourself to pee, and pick it up with your finger.
- 👁️ The risks of transmission of sexually transmitted infections (STIs) are higher during periods, **protect your intercourse carefully!**

# 3# THE HEALTH OF YOUR VULVA AND SEX WORK



For your vaginal comfort during sex

- 💧 **Use lubricant.** Excitement is not always there and natural lubrication is not always sufficient. The lubricant will prevent you from pain as well as infections linked to friction.
- 🚽 **Pee systematically after sexual intercourse** to limit the risk of urinary infection
- 👩 **See a doctor if you are prone to vaginal infections.** If you don't have a general practitioner in Switzerland, you can come to Aspasia so that we can help you find one
- 💉 **Do screenings once every 6 months.** Some STIs can cause symptoms of infection (abnormal vaginal discharge, discomfort, itching, etc.), but others have no symptoms. Some very common and easily cured STIs can have very negative effects if they are not treated. Chlamydia, for example, is often asymptomatic, but can have harmful effects on fertility and during pregnancy


## 4# EXPERT IN YOUR OWN BODY

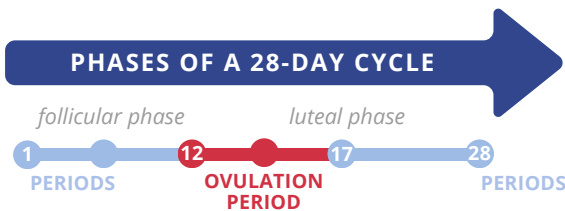


### Menstrual cycles

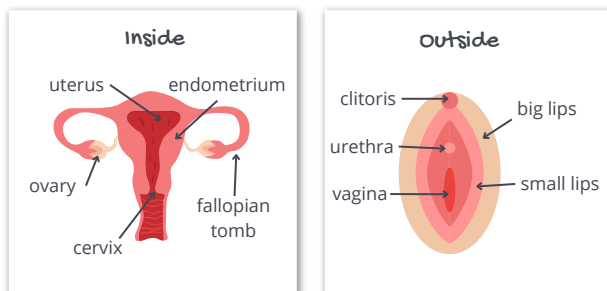
#### **Cycle length: an indicator of good health.**

The duration of a cycle is approximately 28 days. The cycle is considered short when it lasts less than 21 days, and long when it lasts more than 35 days. A short or long cycle is a reason for medical consultation.









 **To calculate your cycle.** A cycle begins on the first day of your period and ends the day before the next period.



#### **Know your body and your anatomy.**



## 5# WHEN TO CONSULT A GYNECOLOGIST?

-  **Once a year for a check-up appointment** (smear, breast palpations, etc.).
-  **Your intercourse is painful, you have abnormal pain in the lower abdomen, your penis hurts:** if it stings, it itches, it smells
-  **You no longer have your periods, your cycles are very long or irregular, you have severe pain.** We advise you to consult a gynecologist even if you do not plan to become pregnant
-  **You have abnormal breast pain and/or lumps.**
-  **You need contraception** (pill, implant, IUD, etc.). Many contraceptives exist, a gynecologist will be able to advise you.
-  **You want to terminate your pregnancy.** You can go to the HUG family planning office.
-  **You have a desire for pregnancy, infertility in the couple, and pregnancy monitoring.**
-  **At the time of menopause.** For advice following changes in your body



# OUR ADVICE FOR A HEALTHY VULVA

