Overall vaginal health is important regardless of sexual activity. A normal vagina is populated by many small, beneficial bacteria called lactobacilli that prevent other organisms from infecting the vagina and maintain the vagina’s normal environment. With the normal vaginal balance, there is usually a small amount of clear to white vaginal discharge. Around the time of ovulation, which is about 2 weeks after the start of the last menstrual period, there is often an increase in discharge for a few days which may be slightly thicker in consistency. Unhealthy vaginal discharge may be odorous, be thicker or a different color, or be associated with burning, itching, or irritation of the vagina or vulva. Contact Student Health Services if you are experiencing these symptoms as they may indicate vaginal irritation or infection.

RESOURCES
Women’s Health.gov https://www.womenshealth.gov/a-z-topics/douching