

Physiologic Leukorrhea (Normal Vaginal Discharge)

- Commonly precedes menarche (onset of menses) by 3-6 months. This can start as early as 7 to 8 years of age.
- Usually described as copious, whitish, yellowish mucous discharge with no odor or irritation. The discharge can vary in amount throughout the month. It can be watery, thin, thick, sticky, etc. It can be very annoying.
- Diagnosis made by wet mount with epithelial cells without evidence of inflammation, absence of infections.
- Treatment consists of adolescent gynecology symptomatic care. We can do many things to make discharge worse. However, there isn't anything we can do to make it go away.
- Refer to the handout on vulvar and vaginal care for suggestions on how to prevent your discharge from getting heavier or developing an infection.
- **The best solution if the discharge bothers you significantly is to change your underwear twice a day. Also, do not wear the same pair of underwear more than 12 hours at a time.**
- It is important to remember that most discharge is normal (not infected) and that most vulvar itching and most discharge is **not** due to yeast.