

Do not douche



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A patient's guide



.... caring for you 

Signs and symptoms of infection

- Abdominal pain
- High temperature
- Shaking (rigor)
- Low temperature
- Fast pulse
- Diarrhoea
- Sweating
- Pelvic pain
- Vaginal discharge
- Vaginal bleeding
- Baby not moving inside you or moving differently from your normal pattern
- Sore throat
- Headaches



What do the doctors say?

In 2010 a UK based report called CEMACE told us that infection is the leading cause of maternal death.

Infection in pregnancy can cause great harm to you and your unborn baby.

You must seek early treatment from your doctor/GP/hospital.

What can you do to stop the risk of infection?

Most important advice is to stop douching. Good personal hygiene for you and your partner is essential.

You can discuss effective and safe methods with your doctor/midwife.

Report any vaginal discharge to your doctor/midwife.

Encourage your partner to seek medical help if they notice any discharge from his penis.

Take early action.

