

The Effect of Vaginal Douching on Vaginal Infections

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Objective: To determine the effect of quitting vaginal douching on recovery rate in women who are diagnosed with vaginal inflammation.

Method: This study has been carried out as prospective follow up research. The data was collected from 148 women with vaginitis diagnosed by papanicolaou test who resorted to Kahramanmaraş Sutcu Imam University's Obstetrics and Gynecology Outpatient Clinic during June- December 2010. While some of the subjects who were vaginal douching were given training in order to quit it, others were excluded from this training. Then they have been called for the second examination for papanicolaou test 3 months after the first examination. Women who quitted vaginal douching were designed as the study group, those who do vaginal douche and those who do not were designed as two separate control groups. Research data were evaluated among these three groups in a computerized setting by using SPSS for windows 15.0.

Results: In the first examination it has been identified that there was no statistically significant difference with regard to inflammation. There was statistically significant difference between two examinations among women who quitted vaginal douching ($p<0.05$). With regard to healing, statistically significant difference have been detected among the groups ($p<0.05$).

Conclusions: As a result, it has emerged that vaginal douche quitters have healed in a higher rate than vaginal douching group and vaginal douche quitting have particularly cured moderate level inflammation.

Key words: Vaginal douching, vaginal infection, papanicolaou test