

# GYNAECOLOGY & OBSTETRICS UPDATE

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## Vaginal Discharge

### The management of women of reproductive age (2)

The clinical diagnosis of the vaginal discharge in women of reproductive age was discussed in issue "48" of the "Update". The medical treatments for common infective causes of vaginal discharge will be included in this (49) and the following (50) issues. In issue "50" recurrent infection, partner treatment and treatment during pregnancy will be discussed

	Bacterial vaginosis	Candida	Trichomoniasis	
Recommended regimens	<b>Oral regimens (70–80% cure)</b> <i>Metronidazole</i> : 400–500 mg twice daily for 5–7 days or single 2 g dose	<b>Vaginal regimens (80–95% cure)</b> <i>Clotrimazole pessary</i> : single 500 mg dose, 200 mg nightly for 3 days or 100 mg nightly for 6 days <i>Econazole pessary</i> : one 150 mg pessary or 150 mg nightly for 3 days <i>Feticonazole pessary</i> : single 600 mg pessary at night or 200 mg pessary nightly for 3 days <i>Miconazole intravaginal cream (2%)</i> : 5 g applicator nightly for 10–14 days or twice daily for 7 days. Can apply to anogenital area	<b>Oral regimens (95% cure)</b> <i>Metronidazole</i> : 400–500 mg twice daily for 5–7 days or single 2 g dose	
Alternative regimens	<b>Vaginal regimens (70–80% cure)</b> <i>Metronidazole gel (0.75%)</i> : 5 g applicator nightly for 5 days <i>Clindamycin cream (2%)</i> : 5 g applicator nightly for 7 days <i>Oral clindamycin</i> : 300 mg twice daily for 7 days <i>Tinidazole</i> 2 g oral single dose	<b>Oral regimens</b> <i>Fluconazole capsule</i> : 150 mg single dose <i>Itraconazole capsule</i> : 200 mg twice daily for 1 day <b>Vaginal regimens (70–90% cure)</b> <i>Nystatin vaginal cream (100 000 units)</i> : 4 g for 14 nights or <i>nystatin pessary (100 000 units)</i> : 1–2 for 14 nights		Antifungal creams can be applied to the vulva area
Special notes	Avoid alcohol with metronidazole Avoid high-dose single regimens if breastfeeding, use intravaginal treatment Clindamycin intravaginal cream can damage latex condoms	Latex condoms, diaphragms and cervical caps may be damaged by vaginal preparations containing econazole, miconazole, isiconazole or clotrimazole	Spontaneous cure rate of 20–25% Avoid alcohol with metronidazole Avoid high-dose single regimens if breastfeeding	