

How to Treat Vaginal Infections in the Wilderness

While out in the wilderness, a body is exposed to a number of outside substances that can lead to infection. Vaginal infections can have a number of causes, including microbes, yeast and more. Since it is unlikely you can properly diagnose or treat vaginal infections if you are far away from a doctor, it is important to take certain precautions in order to help your body to fight the infection. It is important to remember that the only 100 percent effective way to treat vaginal infections is to be diagnosed by a doctor. Read more to find out how to treat vaginal infections in the wilderness.

Steps

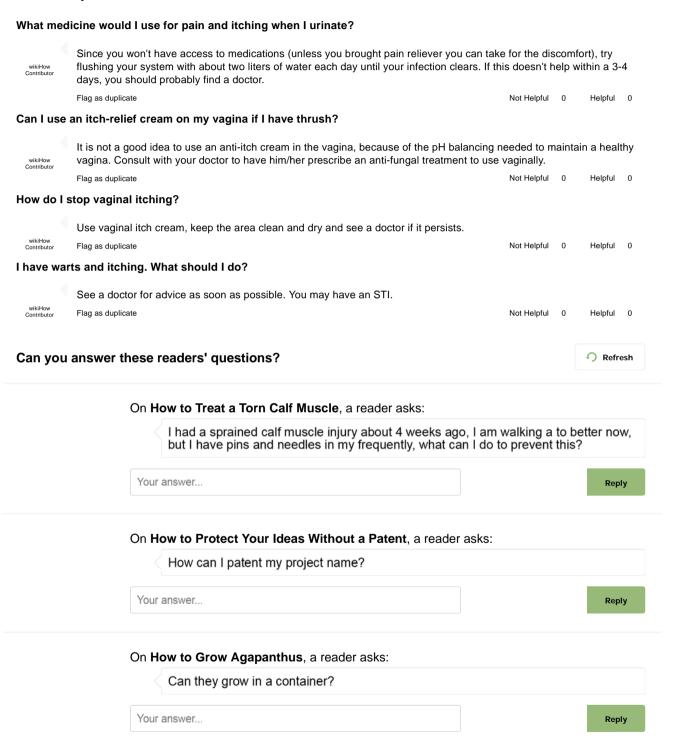
- Assess the symptoms of the infection. There are a number of body parts that can be affected. Each one requires a different treatment, either orally or topically. The following are symptoms to look for if you suspect an infection in the wilderness.
 - If you are experiencing painful urination, vaginal discharge and vaginal soreness or itching, it is likely that you have vaginitis. This is caused by microbes that upset the normal balance of the fluids in your vagina.
 - If you are experiencing painful urination, redness outside of the vagina, around the vulva and an itching and burning sensation around the vulva, then it is likely you have had an allergic reaction. Common causes are poison oak or poison ivy. Other causes include prolonged time in the water or on horseback.
 - If you are experiencing burning urination, blood or cloudy urine, abdominal cramping or odiferous urine, it is
 likely that you have a urinary tract infection (UTI). This is the tract that leads from your bladder to your urethra.
- **2** Drink plenty of water, if you are experiencing any of the symptoms above. The water will help to flush excess bacteria from your urinary tract and vaginal opening. Drink enough so that your urine is a very pale yellow.
 - Make sure you are drinking fresh, tap or bottled water. Do not drink from lakes, rivers or streams, as they can add additional bacteria to your body.
- **Avoid sexual intercourse.** In each of these situations, intercourse will increase the irritation and it may spread microbes to your partner. Do not resume until after the symptoms have been cleared up and/or you have been treated by a doctor.
- **Wash your vagina regularly with mild soap and clean water.** Rinse the area thoroughly and dry completely. Do this 2 to 3 times per day.
- **Keep the area dry.** Although you will need to urinate more frequently while consuming more water, you should use clean toilet paper to keep the area dry at all times.
- **Mear loose-fitting cotton underwear.** This kind of fiber helps the area to breathe and it dries fairly quickly.
- **Treat the infection according to the type of affliction you believe you have.** The following are common treatments that are used before you are able to seek a doctor's attention:
 - If you believe you have vaginitis, then you should clean the outside and inside of the vagina often. Dry it well with a towel. Use a non-prescription anti-fungal cream, such as Monistat, to treat the infection, if it is available.
 - If you feel as though you may have had an allergic reaction in the vulva area, avoid further contact with the
 allergen. Keep the area very clean and dry. Treat with an anti-itch cortisone cream, if you have this in your first
 aid kit.
 - If you believe you have a UTI, then you should drink plenty of juice and take or eat vitamin C. Cranberry juice has often been used as a preventative treatment for UTIs. The acid helps to create an unfriendly environment

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for bacteria to grow.

Seek a doctor's help as soon as you are out of the wilderness. Although the body works to fight infections, many infections, especially UTIs, should be treated with a course of antibiotics.

Community Q&A



Tips

• If you are prone to yeast, urinary tract or other vaginal infections, you should consider adding the prescribed medication or topical ointment to your first aid kit. The best way to ensure that you will not need to deal with an infection in the

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How to Treat Vaginal Infections in the Wilderness: 8 Steps

wilderness is to prevent it.

• Only a doctor is qualified to diagnose and treat a vaginal infection. These methods should only be used until you are able to seek medical aid.

Warnings

• Beware that UTIs should be treated immediately by a professional. Not only are they painful infections, but they can spread from your urinary tract to your kidneys, resulting in a life-threatening illness.

Things You'll Need

Water
Mild soap
Cotton underwear
Juice
Hydro cortisone cream
Anti-fungal cream
☐ Vitamin C
Doctor
Clean toilet paper
Towel

Sources and Citations

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