Debunking Medical Myths: The Dangers Of Vaginal Douching

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The Dangers of Vaginal Douching
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What is Vaginal Douching?
Vaginal douching involves washing out the vagina with a mixture of water and other chemicals (ex. vinegar) to “clean” the area.

Misconceptions
- Vaginal douching is good for hygiene
- Vaginas need to be cleaned internally
- Douching after sex can prevent STI/HIV infections
- Douching after sex can prevent pregnancy

Negative Effects
Vaginal hygiene products disrupt the pH balance and cause harm to the lining.
Vaginal douching prevents the growth of natural protective beneficial bacteria.

Risks of STI’s & Pregnancy
Vaginal douching is associated with higher occurrences of vaginal infection.
Vaginal douching is not an effective contraception to prevent pregnancy.

What does the research show?
Vaginal douching may weaken beneficial bacteria that help protect your health.
Shown to be highly associated with pelvic inflammatory disease.
Increased STI vs. non-douching.
Reduced rates of consistent condom use.

References

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