

COASTAL NATUROPATHIC CENTER

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7-Day Protocol for Yeast Infections/Vaginitis/Bacterial Vaginosis

Insert suppository vaginally before bedtime. Wear a pad, as it may be messy. The extra suppositories may be kept frozen and used for 3-days at the first sign of recurrence if needed. Typically, the sooner the symptoms are caught, the shorter the treatment period, 3-days is usually enough

NOTE: Avoid exposure to spermicides.
 Avoid intercourse or use a condom for the week.