

# *Women's Clinic*

Thagard Student Health Center  
(850) 644-5255

## *Welcome to the Women's Clinic.*

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If you are here for your annual exam today, you will have a pap smear done and screening for gonorrhea and chlamydia, if applicable. You will be notified of any abnormal results. Our goal is for you to feel comfortable and free to ask any questions you may have. We have detailed information on many topics including: AIDS, STIs, birth control methods, smoking cessation, alcohol and substance abuse, domestic violence, date rape, breast health, preconceptual counseling, and other topics. Just ask us.

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### *Basic preventative measures all women should be aware of:*

- **Vaginal Infection Prevention:** No douching, no bubble baths, no perfumed toilet tissue, no deodorant tampons or pads, wear cotton underwear, wipe front to back after urinating or having a bowel movement, try to limit wearing synthetic fabrics such as panty hose, which don't allow air to circulate to the vulva. If prone to vaginal infections, tell your health provider when prescribed antibiotics.
- **Urinary Tract Infection Prevention:** Empty your bladder every 3-4 hours when awake, wipe front to back after urinating or having a bowel movement, drink plenty of fluids (especially water), avoid excessive caffeine, and urinate after intercourse.
- **Pregnancy Prevention:** Abstinence is the only 100% effective prevention method. If you choose to have intercourse, using an effective birth control method consistently greatly decreases your risk of unplanned pregnancy. Methods available here include birth control pills, birth control patch, birth control ring, Depo Provera injections, diaphragms, condoms, and spermicide.
- **Sexually Transmitted Infection Prevention:** Any exchange of body fluids such as semen, vaginal discharge, or blood is potentially infectious. Barrier methods such as condoms or dental dams can decrease the risk of infection, as can being in a long term monogamous relationship. We can screen for many STIs including gonorrhea, chlamydia, syphilis, hepatitis B, and HIV.
- **Immunizations:** We recommend everyone be immunized against hepatitis B. There is also a vaccine available for chicken pox (varicella) if you have never been infected. Chicken pox in adulthood carries a greater risk of complications than in childhood. A tetanus immunization is recommended every 10 years and after significant puncture wounds. The flu vaccine is available every year in late fall. A vaccine for one type of bacterial meningitis that may affect college age students is also available.
- **Vitamins:** It is recommended that all women of childbearing age take a multivitamin that contains folic acid. This greatly reduces the risk of certain types of birth defects. Folic acid is most needed in very early pregnancy before most women know that they are pregnant.