

Vaginal Bleeding After Sex: Care Instructions



Your Care Instructions

Bleeding from the vagina after sex often is caused by an infection. Other possible causes are a tear in the vagina or a growth (polyp) on the cervix. You may need a physical and pelvic exam to find the cause of your vaginal bleeding.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- If your doctor gave you medicine, take it exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Do not douche.
- Use pads, not tampons, for menstrual bleeding.
- Do not have sex until you talk with your doctor.
- Be sure to tell your sex partner or partners that you have had bleeding after sex. They may need a doctor to check them for infection.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have severe vaginal bleeding.
- You have new or worse belly or pelvic pain.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You have unusual vaginal bleeding.
- You do not get better as expected.

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