

**Patient to Do List for Women with Dyspareunia (painful intercourse), Vulvar Pain and the Genitourinary Syndrome of Menopause (dryness, itching, burning, irritation):**

* Vulvar hygiene:
	+ - cotton underwear only
		- No underwear at night
		- No soap on vulva/ vagina, or only unscented bar soap (Dove, Ivory)
		- No fragrances/ douches or other perfumed products, including laundry detergent
		- No Vagisil
		- No feminine wipes
		- Coconut oil may help with exterior dryness
* Moisturizers for maintenance: can be bought at the drug store behind the counter
	+ - Repagyne
		- Zestica
* Lubricants for lovemaking:
	+ - Astroglide Natural (has no preservatives or other irritants)
		- Good Clean Love Almost Naked Organic Personal Lubricant
		- Other products available online (they come by mail in a discreet box)
			* [www.middlesexmd.com](http://www.middlesexmd.com)
* Pelvic floor physiotherapy:
	+ - Use prescription for insurance reasons
		- Find a physiotherapist close to your home or work at (by map):
		- [www.pelvichealthsolutions.ca](http://www.pelvichealthsolutions.ca)
		- Click on “Find a Health Care Professional” at the top of the website