

**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