



Kapa'a Pediatrics, LLC

## Bacterial Vaginosis in Toddlers

### What is Bacterial Vaginosis in Toddlers:

The most common cause of dysuria (pain with urination) and/or vaginal irritation in toddlers (18 months - 4 years of age) is bacterial vaginosis. The vaginal lining is inflamed by abnormal bacterial overgrowth or vaginal irritation. Fungal (yeast) infections are rare at this age.

### Risk Factors:

1. Bubble baths, or sitting in soapy bath water is the most common risk factor
2. Wearing wet swimsuits for prolonged periods of time
3. Wiping incorrectly or over-aggressive wiping
4. Withholding behaviors at daycare or preschool which can cause frequent leaking of urine and wet panties

### Symptoms:

- Vaginal Redness
- Vaginal Pain
- Dysuria (when urine runs over the irritated skin)
- Vaginal discharge (mild)
- Bleeding (rare)

### Treatment:

Warm sitz baths 3 times per day x 3 days.

**Instructions for sitz bath:** Fill bath tub up with warm water, have child sit in bath tub for 10 minutes, and flush the vagina area a few times. **DO NOT USE SOAP. DO NOT USE BUBBLE-BATH.** When finished, pat vagina area dry with cotten towel.

Withholding behaviors, if present, need to be corrected as this can lead to frequent leaking of urine. Please see Withholding Behaviors (Dysfunctional Elimination) Handout.

### What to Expect:

- Your child should be feeling better in 3 days.

### When to Call for an Appointment:

- Fevers do NOT occur with bacterial vaginosis and would suggest urinary tract infection or some other infection.
- Symptoms are not better in 3 days after the recommended treatment.

\*\*\* Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect

diagnosis or is not following the usual expected course for an illness please call us to speak with a physician.  
(808) 634-8011\*\*\*