



Desquamative Inflammatory Vaginitis (DIV): Patient Information Sheet

DIV is a chronic vaginal condition that causes irritation, discharge, and discomfort. It's a type of non-infectious vaginitis, which means it's not caused by bacteria, yeast, or parasites. It is not sexually transmitted.

Common Symptoms:

- Persistent yellow or greenish vaginal discharge
- Vaginal burning or irritation
- Pain during intercourse (dyspareunia)
- Vaginal and vulvar redness (erythema)
- Sometimes, spotting or bleeding after intercourse or a pelvic exam

What Causes DIV?

The exact cause of DIV is unknown. It is considered an inflammatory condition, and it may be linked to hormonal changes or immune system responses.

It is not contagious and not caused by poor hygiene or sexual activity.

How is DIV Diagnosed?



Medical history and symptom review



Pelvic examination



Vaginal pH test

(DIV usually causes a high pH ≥ 5)



Wet mount microscopy of vaginal discharge

(showing increased white blood cells, parabasal cells, and few or no lactobacilli)



Exclusion of trichomoniasis

Treatment and Self-Care

Treatment Options:

There are no standardized treatments, but symptoms can usually be managed with:

- Topical corticosteroids (like hydrocortisone cream) to reduce inflammation
- Topical estrogen cream if vaginal atrophy is present, especially in menopausal women
- Vaginal antibiotics (e.g., clindamycin cream) in some cases

Treatment is often long-term and may need to be adjusted over time.

Self-Care Tips:

- Avoid irritants like scented soaps, douches, or harsh detergents
- Use only gentle, fragrance-free products on the vulva
- Wear breathable cotton underwear
- Use vaginal moisturizers or lubricants if dryness is a problem

Follow-Up Care:

Regular follow-up with your provider is important to monitor the condition and adjust treatment if needed. Improvement often occurs with consistent therapy.



When to Call Your Doctor:

- If symptoms persist or worsen despite treatment
- If you notice new symptoms like unusual bleeding, or sores
- If you have questions or concerns about your treatment



If you wish to get access to more resources and patient handouts, scan the QR code or visit

<https://www.issvd.org/publications/patient-handouts>



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