



Dear Doctor, I have a problem which I find embarrassing to talk about.

The problem is with my:

vagina (inside) vulva (outside) clitoris pelvic floor anus (bumhole)
perineum (between vagina and anus) tummy labia minora (small lips)
labia majora (big lips) breast nipple other _____

The problem is that I:

have pain have a discharge have itching have stinging have a lump
have a swelling have a rash have spots have a smell
just don't feel right feel aroused all the time have a dragging sensation
leak pee leak poo bleed other _____

The problem happens:

when I pee when I poo when I laugh when I cough
when I sneeze when I run when I walk when I lift something heavy
when I have been standing for a long time when I use a tampon when I use a sex toy
when I wear tight clothes when I do my pelvic floor exercises
when I have sex when I masturbate when I orgasm after I have had sex
before my period during my period after my period between periods
every time ____ times a day ____ times a week ____ times a month
all the time at night when I _____

I have had the problem for:



____ days ____ weeks ____ months ____ years since I was a child
since I gave birth since I became menopausal
since I _____

The problem is:

getting better getting worse staying the same