

# Yogurt Tampon

## You Will Need:

12-24 pack of tampons.

Use organic, chlorine free tampons with cardboard or no applicators. (No plastic)

1 32 oz. container of yogurt.

Use organic, plain (no sugar, honey, or flavoring). Brands such as Active8, Cascade, & Nancy's are fine.

## Directions:

1. Upon waking (or anytime you do not anticipate intercourse for at least 12 hours), take a tablespoon of yogurt (dollop in clean bowl or shallow dish)
2. Remove tampon from package and if necessary remove applicator
3. Dredge through the yogurt
4. Insert tampon (soaked in yogurt) into vagina for 20-40 minutes. If yogurt is squeezed off tampon during insertion, you will need to repeat until you have placed a significant amount of yogurt into the vagina.
5. Remove tampon. When tampon is removed, almost all the yogurt should remain in the vagina. If yogurt falls out with removal, repeat and leave in an additional 20 minutes

*Note: If you have had recurrent infections, consider covering your spouse's penis with the yogurt daily, as you concurrently treat yours.*

Repeat this routine daily (about every 24 hours) for one week.

If symptoms do not improve, contact your midwife.