



PATTY BRISBEN FOUNDATION *for* WOMEN'S SEXUAL HEALTH

#LetsDiscuss pocket cards are designed to be conversation starters for you and your healthcare team.



#LetsDiscuss
Vulvovaginal Pain Disorders

- Pain on my vulva or outer lips
- Pain on the inside of my vagina
- Painful intercourse/ pain during sex
- Pain upon initial insertion during sex
- Abnormal vaginal discharge
- Abnormal vaginal odor
- Pain during urination
- Tight vaginal muscles
- My treatment plan for the pain
- _____


The Patty Brisben Foundation for Women's Sexual Health
pattybrisbenfoundation.org

Instructions:

- Print the pocket card, trim, and check the boxes that apply.
- Use the blank space for any additional concerns not listed.
- Bring to your appointment and hand the pocket card to your provider, or nursing staff, to start the discussion.

For more information visit PattyBrisbenFoundation.org