

The Vaginal Odor Decoder™ Quick Reference Card

Your 5-Step Guide for When You Notice a Change

STEP 1 — NOTICE

What exactly am I noticing?

Don't diagnose.

Describe.

My change:

When did I first notice it?

Is this different from my normal?

☐ Yes

☐ No

☐ I'm not sure

Remember: vaginal scent can naturally vary, and normal discharge can change throughout the menstrual cycle.

STEP 2 — SHIFT

Ask:

“What changed before I noticed this?”

Think about:

- ☐ My period
- ☐ Sex
- ☐ Exercise/sweating
- ☐ New product
- ☐ New soap or detergent
- ☐ Clothing/underwear
- ☐ Travel
- ☐ Routine
- ☐ Something else

What changed?

A SHIFT is a clue.

It is not proof of a cause.

STEP 3 — RESET

Before you add another product, pause.

Ask:

“Am I making this more complicated?”

KEEP IT SIMPLE

- ☐ Gentle external washing
- ☐ Keep the area dry and comfortable
- ☐ Change out of sweaty clothing when practical
- ☐ Use clean underwear

AVOID

- ☐ Douching
- ☐ Vaginal deodorants
- ☐ Scented wipes
- ☐ Perfumed intimate products
- ☐ Putting household ingredients or antiseptics inside the vagina

- ☐ Scrubbing aggressively

Douching and fragranced products can cause irritation and are discouraged by clinical guidance.

STEP 4 — DECODE

Now look beyond the smell.

Do I also have:

- ☐ Unusual discharge
- ☐ Change in discharge colour or texture
- ☐ Itching
- ☐ Burning
- ☐ Pain
- ☐ Pain when urinating
- ☐ Pain during sex
- ☐ Sores or blisters
- ☐ Pelvic pain
- ☐ Fever or feeling unwell
- ☐ Unusual bleeding

If yes, don't assume the odor tells you exactly what's happening.

Different conditions can have similar symptoms.

STEP 5 — DECIDE

OBSERVE

If you've noticed a change but have no concerning symptoms, you can keep your routine simple and observe the pattern.

Don't obsessively check.

Don't keep adding products.

PAY ATTENTION

If the change persists, keeps returning, is unusual for you, or you're simply worried about it, consider speaking with a qualified healthcare professional.

You don't need to know what's wrong before making an appointment.

GET CHECKED

Seek appropriate medical care if an unusual odor or discharge comes with concerning symptoms such as significant pain, pelvic pain, fever, sores, pain when urinating, or symptoms that are severe or worsening.

If you're pregnant and notice an unusual change in discharge or odor, contact your maternity/healthcare provider for advice.

THE 10-SECOND VERSION

When you notice a change:

NOTICE

What changed?

↓

SHIFT

What happened before it?

↓

RESET

Can I simplify my routine?

↓

DECODE

What else is happening?

↓

DECIDE

Observe, pay attention, or get checked.

DON'T FORGET

Odor is a clue—not a diagnosis.

Your vagina does not need perfume to be clean.

You don't need to douche to be hygienic.

You don't need to panic about every change.

And you don't need to be embarrassed about asking for medical help.

Your job isn't to diagnose yourself.

Your job is to notice, understand, and make the next sensible decision.

THE VAGINAL ODOR DECODER™

NOTICE → SHIFT → RESET → DECODE → DECIDE