



How To Prevent Yeast Infections When Pregnant



Keep your genital region dry and allow proper air circulation.

Wear loose-fitting and comfortable cotton undergarments.



When going to bed, avoid wearing pajama bottoms and underwear.

Avoid douching and using scented soaps, bubble baths, or hygiene sprays near the vaginal area.



Clean the genital area from front to back using toilet paper.

Reduce your intake of yeast products and sugar and maintain a healthy diet.

