

## Premarital Teaching

Remember to have good open communication with each other.

1. Use good lubricant such as K-Y Jelly, Astro-Glide ect. Avoid heated or perfumed lubricants. If not using condoms may also use Vaseline as a lubricant.
2. Viscous lidocaine may be applied to vaginal area if increased discomfort is noted.
3. Always empty bladder before and after intercourse to help avoid getting urinary tract infection. If symptoms of urgency, frequency and or pain with urination, please call office so we can give you prescription of Nitrofurantoin. If going out of state of the country for honeymoon, we will give you prescription to take. Please take 1 tablet morning and night for 4 days. You will need to use condoms while taking antibiotic, if you are on oral birth control.
4. Use the dilators as shown. Starting with the smallest size and increasing to the largest as tolerated.
5. If you have concerns or problems, please call out office, 801-756-5288, and ask to speak with triage nurse. She will be able to give me any messages. She may also be able to address most issues that arise and if not she will notify me.