

BACTERIAL VAGINOSIS

What is bacterial vaginosis?

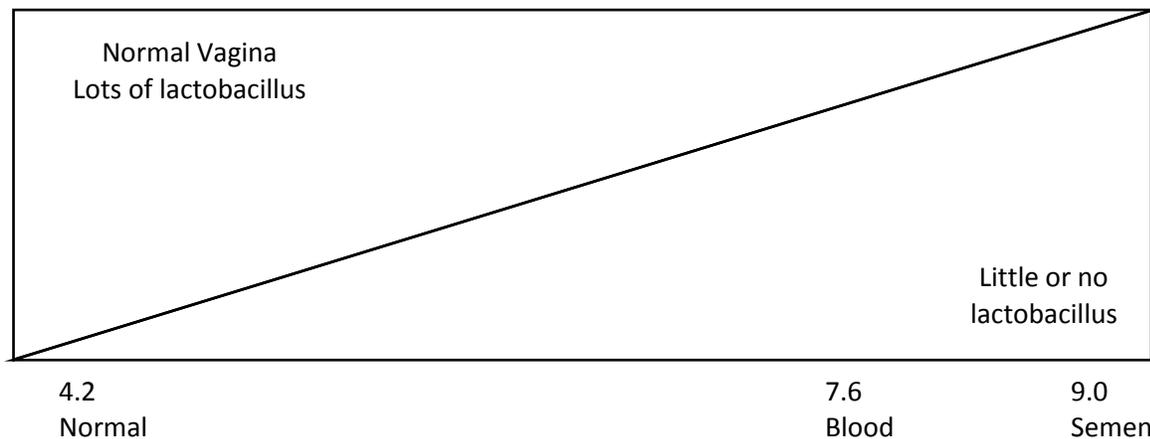
Bacterial vaginosis (BV) occurs when there is a decrease in the good bacteria. This causes a change in the pH balance of the vagina and allows an overgrowth of normal bacteria that live in the vagina.

What are the symptoms of BV?

Symptoms include unusual wetness, white or grey thin bubbly discharge and an unpleasant odor. Some women experience no symptoms at all.

What causes BV?

The exact causes of BV are unclear. It is NOT a sexually transmitted disease. It is also NOT a hygiene issue.

**How do I find out if I have BV?**

A diagnosis for BV is made by looking under a microscope at a sample of the vaginal discharge and testing the pH balance.

How do I treat BV?

BV is often treated with antibiotics. Metronidazole, Tinidazole or Clindamycin are all approved treatments. Sometimes BV goes away without treatment.

Behaviors that increase chances of BV

- Having new or multiple sex partners
- Not using condoms
- Douching too often
- Smoking cigarettes
- Vaginal intercourse after anal intercourse

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Preventing BV

Prevention focuses on correcting the pH, restoring the healthy lactobacillus, boosting your immune system and identifying possible causes of the imbalance in the first place.

- Boric acid suppositories and probiotics will help restore the normal vaginal pH balance
- Vitamin supplements and herbal/ homeopathic remedies will improve the immune system

Boric acid capsules

Boric acid capsules can be used to control the symptoms of BV. Boric acid capsules contain a safe, mild antiseptic and can help maintain a normal vaginal pH balance by supporting the growth of healthy bacterium.

How to make Boric Acid**Capsules**

(600mg/capsule)

Supplies*: Boric acid powder Size 00 dissolvable capsules

- Pour a ¼ cup of boric acid powder onto a sheet of wax paper
- Separate the capsule
- Fill each half by pressing them into the powder
- Push the two halves together, sealing the capsule
- Store in a safe, dry container

** Supplies can be purchased from most pharmacies.*

Directions for use

Boric acid capsules are for vaginal use only. Capsules should be inserted directly into the vagina. Your provider will determine the dosage and frequency.

Your Plan: