

# Bacterial Vaginosis

Treatment and prevention tips



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## Diet

Eat yoghurt and, where possible, include prebiotics and probiotics in your diet, especially following treatment of antibiotics.

Why?

They restore normal vaginal and intestinal health, especially when following a treatment of antibiotics which eliminated all bacteria, including the “good” bacteria.

## Stress and insomnia

Try to find ways of coping with stress and make sure you get enough sleep.

Why?

This will strengthen your immune system, which will help it to deal with infections.

## Sexual intercourse

Avoid sexual intercourse when you have symptoms. Make sure that your partner washes his genitals before sex and that there is sufficient lubrication during sex. Remember that condoms offer the best protection with new partners.

Why?

Although bacterial vaginosis is not a sexually transmitted disease (and it is not normally necessary for partners to be treated), it is more common in women who have sex with more than one partner. Condoms, which offer protection against sexually transmitted diseases, including AIDS, also provide indirect protection against vaginosis. This is because semen disrupts the normal acidity of the vagina, promoting the growth of “bad” bacteria, which can also be triggered by irritation and small lesions caused by insufficient lubrication.

## Medical guidelines

Always follow the guidelines and the treatment prescribed by your doctor, even if you no longer have symptoms.

Why?

Vaginosis is a very common condition and, although there are effective treatments available, it tends to recur in many women. By following the basic guidelines above, you will be able to reduce its frequency and gravity and also prevent other types of vaginosis.

## Deodorants

Do not use vaginal deodorants, perfumed wipes or coloured or scented toilet paper.

Why?

They can cause allergic reactions and irritation.

## Underwear

Wear white, absorbent, cotton pants. Avoid wearing thongs, tights, trousers that are too tight and panty liners on a continuous basis, especially in the summer.

Why?

Very tight, synthetic clothing creates a “warm and humid” environment, with low circulation of air and a type of “hothouse effect”, which promotes the growth of “bad” bacteria.

## Tampons

If you use tampons, use cotton, regular-flow tampons, change them regularly throughout the day and use sanitary pads at night.

Why?

This reduces the risk of the growth of too many specific bacteria, which could cause an extremely rare, but serious, infection called TSS (Toxic Shock Syndrome).

## Constipation

Prevent constipation (by eating lots of fruit and vegetables and drinking lots of water). Always wipe from front to back after bowel movements.

Why?

This makes it more difficult for intestinal bacteria to pass into the vagina and the urinary tract and cause vaginitis and cystitis.

# Multi-Gyn ActiGel

Prevents and treats bacterial vaginosis (BV)



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