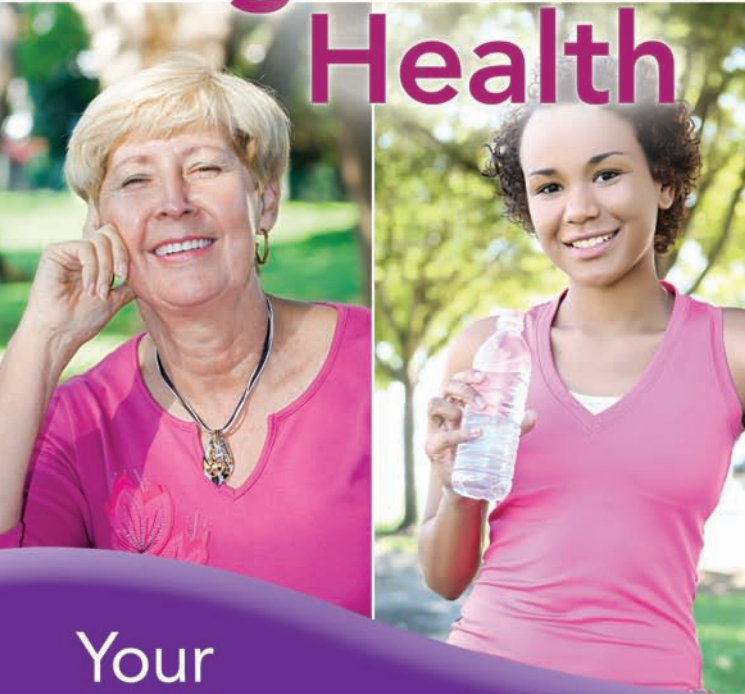




# Vaginal Health



## Your Guide to Bacterial Vaginosis



### GUIDE TO BACTERIAL VAGINOSIS

Vaginal discharges are not uncommon, can vary in consistency and usually have an inoffensive slightly sweet odour which is unique to every woman. A healthy vagina is naturally acidic with a low pH of approximately 3.8 – 4.5. This natural acidity is maintained by lactic acid producing bacteria known as lactobacilli. These bacteria flourish in an acidic environment and form a very important part of the natural defences, acting as a barrier to infections.

### VAGINAL DISTURBANCES

There are a number of conditions that may upset the natural acidity of the vagina; these include fluctuating hormone levels during a period, pregnancy and menopause. Other influencing factors include antibiotics, sexual intercourse (semen is alkaline), intrauterine devices (the coil), douching and smoking.

Disturbances to the environment of the vagina are a precursor to conditions such as Bacterial

vaginosis (BV), Candidiasis (Thrush) and Trichomoniasis vaginalis. The most common cause of vaginal infection is BV.

## BACTERIAL VAGINOSIS (BV)

BV causes an abnormal vaginal discharge which can be thin, white or grey in appearance and has a distinct, unpleasant odour. Such discharges may be confused with other vaginal infections. Simple tests carried out by healthcare professionals can diagnose the presence of BV

### EFFECTS OF BACTERIAL VAGINOSIS

Although BV is not a serious condition **if left untreated** it may lead to a number of **pregnancy complications** such as **preterm births** and **late miscarriages**.

Furthermore BV may increase a woman's susceptibility to **HIV infection**, **herpes simplex virus (HSV)**, **chlamydia** and **gonorrhoea**.

## CURRENT TREATMENTS

The standard medical treatment for BV is a course of antibiotics. In many cases BV can recur after antibiotic treatment. The exact reasons for recurrence are unknown but frequent antibiotic use may be involved.

Another treatment option is to use a lactic acid gel during or after a course of antibiotics. It restores the natural acidic conditions of the vagina and promotes the growth of lactobacilli, thereby creating an environment less favourable to the BV-causing organisms.



## RELACTAGEL

Relactagel is a lactic acid gel which:

- restores and maintains the natural acidity of the vagina to create a suitable environment for lactobacilli to grow
- relieves abnormal vaginal discharge & odour
- treats and prevents BV
- contains no preservatives
- is safe to use during pregnancy

## DOSAGE

Relactagel comes in a 5ml single use tube.

### FOR TREATMENT: \*

1 tube per day for 7 days at bedtime (one week's course).

### FOR PREVENTION: \*

1 tube per day for 2-3 days at bedtime after your period.

\* It is advisable to avoid intercourse when using Relactagel as semen raises the pH level.

## EASE OF USE

Break and remove the cap and insert the entire neck of the tube into the vagina. Squeeze out the contents by maintaining constant pressure while withdrawing the tube and discard appropriately. Relactagel should be used at bedtime when lying down to minimise any potential leakage. In the event of a small leak a panty liner may be useful.

## AVAILABILITY

Relactagel is available from community and hospital pharmacies. Relactagel is available on NHS prescription.

For more information contact:



KoRa Healthcare, Swords Business Park, Swords, Co. Dublin, Ireland.

ROI Tel: 1800 42 62 82 UK Tel: (01142) 994979

Email: relactagel@kora.ie Web: www.kora-health.com