



*the
Chickasaw
Nation*

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

BACTERIAL VAGINOSIS

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BACTERIAL VAGINOSIS (BV) IS A COMMON VAGINAL INFECTION THAT CAN CAUSE SYMPTOMS SUCH AS:

- Increased, uncomfortable or foul-smelling discharge
- Vaginal itching, burning or pain
- Painful intercourse

It is also possible to have BV with no symptoms at all.

BV is not a sexually transmitted infection, although it is more common in women who are sexually active or pregnant. Vaginal pH levels create a protective environment that prevents unhealthy bacteria and yeast from multiplying too quickly and causing infection. Both sexual activity and pregnancy can change the vaginal pH. Other activities that may change vaginal pH and increase the risk of BV are douching, baths, hot tubs and swimming.

TREATMENT:

- Metronidazole (such as Flagyl*) 500 mg by mouth, twice a day for seven days

IMPORTANT THINGS TO KNOW ABOUT THIS MEDICATION:

- **Complete the entire course of medication.** If you miss a dose, take it as soon as you remember. If it is time for the next dose, continue taking one dose at a time until all doses are taken, even if you have to take the medication for longer than seven days.

- **Do NOT drink alcohol while taking this medication and for four days after finishing your prescription.** This is very important. This medication can make you very sick if you drink alcohol. You can get alcohol poisoning very easily because your body is unable to process alcohol as usual.
- You may notice a metallic taste in your mouth while taking this medication. It will go away a few days after you finish your prescription.
- If you feel nauseated after taking this medication, try taking it with food.

WHEN FINISHED WITH THIS MEDICATION, START A GOOD PROBIOTIC.

Antibiotics kill both the bad and the good bacteria in our bodies. We need the good bacteria to keep everything in balance (and to prevent yeast infections). A good option is “Garden of Life Probiotic for Vaginal Care*.” Plan to take it for at least 30-60 days. This will help to optimize the healthy microbiome in your body and prevent further overgrowth of yeast and bacteria in the future.

***The Chickasaw Nation does not prefer the brands of medication listed above. The brand names are included in this document for reference and educational purposes only.**