



*the
Chickasaw
Nation*

The Chickasaw Nation Medical Center

Women's CLINIC

ISHKI' INCHOKMISHTO'
(HEALTHY MOTHERS)

PROBIOTIC USE

Good microbes help with optimal digestion and vaginal health.

Multi-strain probiotics help maintain balance and are especially helpful:

- after taking antibiotics, which remove the bad bacteria, and unfortunately the good ones as well
- during pregnancy, to help prevent Group B strep colonization
- anytime you experience frequent vaginal infections/yeast infections
- during times of indigestion, stomach pain, constipation and/or diarrhea

Take probiotics for 60 days and then stop and observe how you feel. If you notice a return of symptoms, continue the probiotics. Sometimes it is best to wean yourself off slowly by skipping a day or two at a time over a couple of weeks to allow your body time to adjust.

ANY PROBIOTIC IS FINE, BUT HERE ARE A FEW NOTABLE BRANDS:

- Garden of Life Raw Probiotics Vaginal Care*
- Garden of Life Probiotics for Women's Daily*
- Now Probiotic-10 25 Billion*

***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.**