

If you often have recurring bacterial vaginosis.

What does bacterial vaginosis mean?

In the vagina there are many different types of bacteria. **Lactobacillus (lactic acid bacteria) are the bacteria that create a good and healthy vaginal environment and protect against unwanted bacteria.**

Lactobacillus maintains the pH balance at a moderately low level of between 3.8-4.5. A low pH level is a prerequisite for the lactobacillus to thrive. When the pH level rises, the lactobacillus do not thrive, which then decrease in num-

ber. Instead, other, unwanted bacteria thrive. It is these unwanted bacteria that cause the discharge to smell like fish. Bacterial vaginosis is not an infection, but rather a disorder in the relationship between different bacteria. This means that bacterial vaginosis is also not a sexually transmitted disease either.



How do you know that it is bacterial vaginosis?

To know for sure that you have bacterial vaginosis, you need to get a diagnosis established. This is achieved through a gynaecological examination where you examine the discharge and measure the pH level and assess the smell using a solution that strengthens the smell of

fish. **The smell of fish is characteristic of bacterial vaginosis.** Sometimes you also use microscopic examination. If you then have the recurrence of bacterial vaginosis, you learn to recognise your symptoms.

Is it dangerous to have bacterial vaginosis?

It can be said that bacterial vaginosis is generally not dangerous but there are conditions when one needs to be extra careful. During pregnancy, bacterial vaginosis may increase the risk of premature rupture of the membranes.

When inserting an intrauterine device (IUD), it is important not to have bacterial vaginosis, causing "wrong" bacteria to be passed on into the uterus. For the same reason, you should not have bacterial vaginosis if you are going to have a vaginal operation or abortion.

What does normal discharge look like?

Normal discharge is white, grainy and has a slightly tart aroma, kind of like processed sour milk. During ovulation, the discharge changes

slightly and becomes clear, a little thicker and sticky like egg white (this applies provided that you are not taking hormone preparations).

How can you tell that you have bacterial vaginosis again?

Typical symptoms of bacterial vaginosis are smelly discharges. The discharges are thin and greyish-white in colour and smell like fish.

Typical relapse times can be in connection with menstruation, after sex or if you have a new partner.

Menstruation

In connection with menstruation, the vaginal pH balance rises. The blood has a higher pH level and contributes to pH levels rising during the days of menstrual bleeding. This is completely natural, but for some women it can increase the risk of getting symptoms of, and relapse of, bacterial vaginosis.

Different partners

Some women may experience symptoms of bacterial vaginosis when changing partners. Symptoms may appear at the beginning of the relationship and then subside.

Should bacterial vaginosis be treated?

There are times when bacterial vaginosis should be treated because otherwise it may lead to complications such as during pregnancy, vaginal surgery or if you are inserting an IUD.

However, bacterial vaginosis is not generally considered an infection and treatment is therefore not necessary.

Many women also spontaneously heal without any treatment at all. This is

Vagi-C is a vaginal tablet consisting of 250 mg of ascorbic acid.

The ascorbic acid is released slowly, controlled for many hours.

The slow release lowers the vaginal pH level and keeps it low it for several hours.

Vagi-C can be used both as treatment and prevention after menstruation and after sex.

With the right vaginal pH, the right bacteria thrive better.

Sex

Sperm has a higher pH level and may increase the risk of symptoms of bacterial vaginosis.

Hygiene

The discharges and odours associated with bacterial vaginosis cannot be washed away. Too much washing can cause other problems such as cracked skin and dry mucous membranes instead. The smell and discharge persist despite the washing.

Can relapse be prevented?

Relapse in connection with sex can be prevented by the use of a condom.

something that can take varying lengths of time, up to several weeks. The problem with bacterial vaginosis for many is the discomfort of the discharge becoming more runny, abundant and, most importantly, that they smell like fish.

Contact the care guide on 1177 or the healthcare system if you do not get well or if you are unsure if you have bacterial vaginosis.

