

2647 UNION DRIVE

Corner of Sheldon & Union
Across from State Gym

CLINIC HOURS

MONDAY 8 am - 6 pm

TUESDAY 8 am - 5 pm

WEDNESDAY 9 am - 5 pm

THURSDAY 8 am - 5 pm

FRIDAY 8 am - 5 pm

SATURDAY 9 am - noon

PLEASE CALL TO MAKE AN APPOINTMENT

To schedule an appointment call **(515) 294-5801**. When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider and an appropriate amount of time.

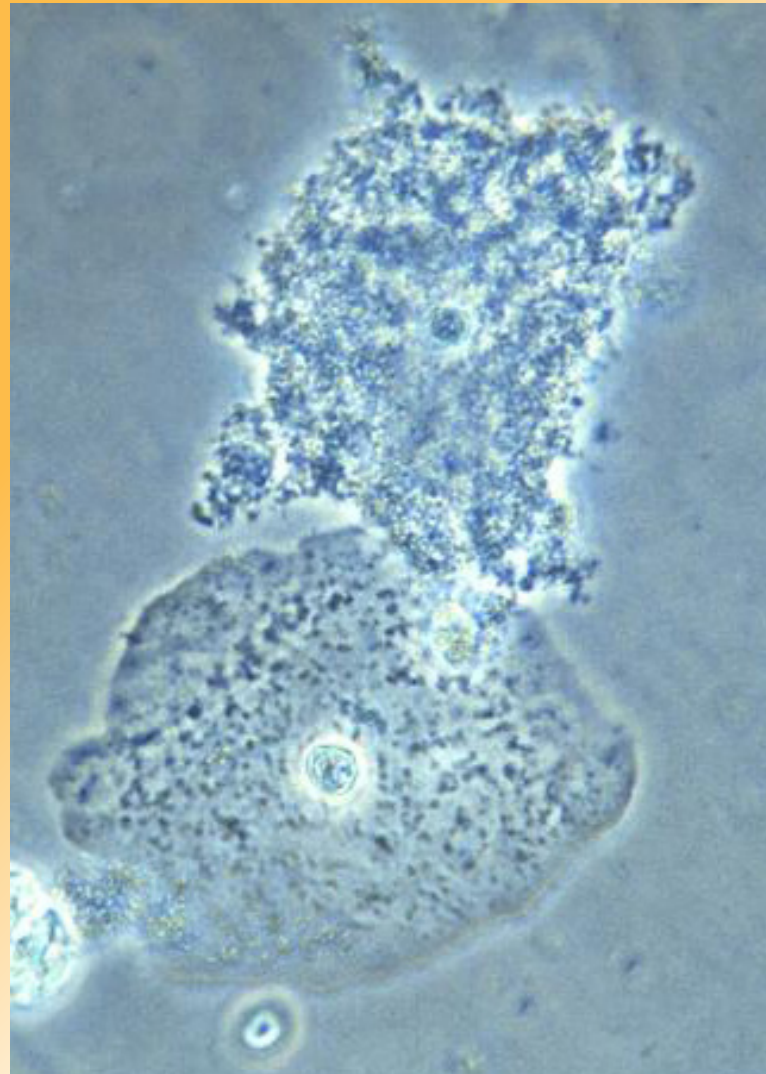
515-294-5801
FREE MEDICAL
ADVICE 24/7

Accredited by



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

BACTERIAL VAGINOSIS



Bacterial Vaginosis (BV) is the most common cause of abnormal vaginal discharge in women. Bacterial Vaginosis occurs when the number of normal bacteria (lactobacilli) is reduced and atypical bacteria overgrow. Many women may be asymptomatic and not know they have BV. In fact, 50-75% of women do not have any symptoms.

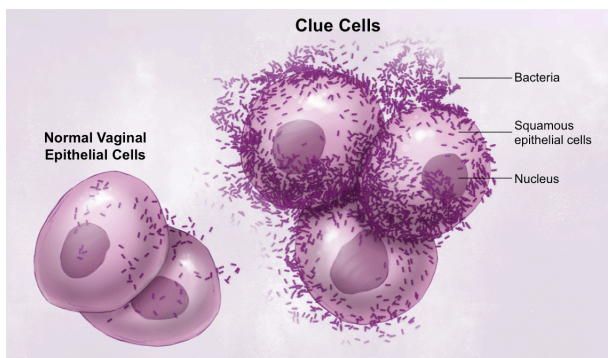
WHAT ARE THE SYMPTOMS?

It is normal to have a small amount of vaginal discharge each day. This may fluctuate depending on when your last period was or if you are using a hormone-containing contraceptive. If you have a change in your normal discharge that is accompanied by any of the symptoms below, it may be BV.

- Thin off-white vaginal discharge
- Vaginal odor that may smell "fishy"
- Vaginal itching

HOW IS IT DIAGNOSED?

BV is usually diagnosed by a visit with your healthcare provider. At that visit the healthcare provider will likely do a pelvic exam to get a small sample of the vaginal discharge. The provider will then look at this sample under a microscope to identify if 'clue cells' are present which can be indicative of a bacterial infection.



RISK FACTORS FOR BV:

- New or multiple sexual partners
- Decreased condom use
- Douching

HOW IS BV TREATED?

Because BV resolves spontaneously in approximately 1/3 of women, treatment is only recommended if active symptoms are present. BV is treated with an antibiotic, taken either vaginally or orally.

It is important to remember to avoid alcohol up to 24 hours after the last dose of the antibiotic. These antibiotics can cause severe nausea and vomiting if alcohol is consumed during use.

DOES MY PARTNER NEED TO BE TREATED?

Treatment of sexual partners is not generally recommended. However, it is important to note that having BV increases the risk of contracting other sexually transmitted infections such as chlamydia, gonorrhea, herpes, and HIV.

PREVENTION AND RECURRENCE

Recurrence of BV is not uncommon, studies show that 30% of women can experience recurrence of symptoms again within 3 months of the first diagnosis. Because of this it is important to:

- Complete the full course of the antibiotic as prescribed
- Limited number of sexual partners
- Use condoms every time you have sex
- Avoid deodorized soaps, scented tampons and vaginal douches.



NEED A GROUP PRESENTATION ON WOMEN'S HEALTH SERVICES?

We can help you arrange group lectures by calling (515) 294-5801.