

About Bacterial Vaginosis



What is Bacterial Vaginosis?

Bacterial Vaginosis is an infection that causes:

- Bad smelling (smells fishy) discharge from the vagina.
- Watery vaginal discharge.
- Itching or irritation of the sex organs.

What should I do to take care of myself?

1. Take your medicine like your doctor or nurse told you. **Take the medicine until it is all gone**, even if you feel better and the smell goes away. Keep taking your medicine even if your menstrual period starts.
2. Take your medicine with food to keep it from upsetting your stomach.
3. Do not drink any alcoholic beverages on the day you start your medicine or on the next day. If you do, you may have stomach pains, vomiting and a headache.
4. Do not have sex until you finish your medicine.
5. Keep your genital area clean. After urinating (peeing) or having a bowel movement, wipe from front to back to keep germs out of the vagina. You can use a peri bottle (a squirt bottle with warm water) to clean your genital area after each visit to the bathroom. Then wash your hands well with soap and water .
6. Use a sanitary pad to soak up discharge. A tampon or tissue will cause more vaginal irritation and itching.
7. Wash your hands often. (Specially after using the bathroom, before preparing meals or eating).



To protect yourself and your sex partner(s) from sexually transmitted diseases, always use condoms (rubbers) when you have sex.

**If you have any questions, call Dallas County Health Department
Sexually Transmitted Diseases Clinic at (214) 637-1819**