

KEEP *her* AWESOME

TALKING TO YOUR HEALTHCARE PROVIDER ABOUT BV

Speaking up about issues down there can be hard—we've been there too! It's high time to face your fears and take charge of your vaginal health. If you think you might have bacterial vaginosis (BV), print this out and take it with you when you visit your healthcare provider.



BEFORE YOUR VISIT¹

Include all the symptoms you are experiencing, even if you don't think they are related:

- Unusual vaginal discharge _____
- Fishy smell _____
- Burning/itching _____
- Other _____

Take any medications, vitamins, herbs, or supplements? Include how often and what dosage you take:

Make sure to:

- Avoid using tampons
- Not douche or use vaginal deodorant sprays
- Not have sex for 24 hours before your appointment



DURING YOUR VISIT

Here are some questions to ask your healthcare provider:

What causes BV?

Can I do anything to prevent BV?

What signs and symptoms should I look for?

What treatment options are available?

Are there special instructions for taking treatment?

Is BV an STI, and does my partner need to know?

Will my partner need to be tested or treated?

Is it safe to have sex if I have BV?

When can I expect relief from my symptoms?

What can I do if my symptoms return after treatment?

BV can be a real bummer. But remember, you're not alone. In fact, over 21 million women in the U.S. get BV annually.² Thankfully, BV is treatable with a prescription from your healthcare provider.

Visit keeperawesome.com for additional resources and information about BV.

1. "Bacterial Vaginosis." Mayo Clinic. Mayo Foundation for Medication Education and Research. 29 July 2017. www.mayoclinic.org/diseases-conditions/bacterial-vaginosis/diagnosis-treatment/preparing-for-appointment/ptc-20198422. Accessed 25 Sept 2017. 2. Koumans EH, Sternberg M, Bruce C, et al. The prevalence of bacterial vaginosis in the United States, 2001-2004; associations with symptoms, sexual behaviors, and reproductive health. *Sex Transm Dis.* 2007;34(11):864-869.