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 Visit

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

☐ Unusual discharge
☐ Fishy smell
☐ Burning/itching
☐ Other____________________

Take any medications, vitamins, herbs, or supplements?

Include how often and dosage:

____________________________________________________________________

____________________________________________________________________

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

What causes BV?

____________________________________________________________________

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

____________________________________________________________________

Can I do anything to prevent BV?

____________________________________________________________________

Will my partner need to be tested or treated?

____________________________________________________________________

What signs and symptoms should I look for?

____________________________________________________________________

Is it safe to have sex if I have BV?

____________________________________________________________________

What treatment options are available?

____________________________________________________________________

When can I expect relief from my symptoms?

____________________________________________________________________

Are there special instructions for taking treatment?

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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 US between the ages of 14-49 get BV annually.²³ Thankfully, BV is treatable with a prescription from your healthcare provider.

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

References:
4. “Diseases Characterized by Vaginal Discharge.” Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. © 2018 Lupin Pharmaceuticals, Inc. All rights reserved. NP-NP-0025.