

BACTERIAL VAGINOSIS (BV)

Your health checklist

Bacterial Vaginosis affects 29% of women ages 15–44 in the U.S.¹ While the exact causes of BV are not completely understood, things like douching, unprotected sex, and new sexual partners may increase your risk.

While it can be tempting to self-diagnose and self-treat with over-the-counter products, it's easy to misdiagnose the problem. Only a healthcare provider can accurately diagnose BV.

Correct diagnosis is important. Take the quiz below to assess your own indicators.

Question 1. Have you experienced itching and irritation in and around the vagina?

Your answer _____



Health fact: If you have symptoms of an infection, like irritation, see a provider to find out what's going on. It may be another problem like a yeast infection or an STI.

Question 2. Have you noticed any fishy smell?

Your answer _____



Health fact: BV is a common vaginal infection, and is caused by an imbalance of bacteria that live naturally in the vagina. This imbalance of bacteria may cause the fishy odor.

Question 3. Have you experienced a thin, milky, white, or gray discharge?

Your answer _____



Health fact: Abnormal Vaginal Discharge is the most common cause of bacterial vaginosis.

Question 4. Have you noticed burning when you urinate?

Your answer _____



Health fact: 80% of women with BV symptoms state that they feel uncomfortable in a social setting.²



Question 5. Have you experienced pain during sexual intercourse?

Your answer _____



Health fact: 95% of women say that BV affects some aspect of their sex life.²

Question 6. Have you had sexual relationships with multiple partners?

Your answer _____



Health fact: Having multiple sex partners can increase your risk of BV.

Question 7. Do you douche regularly?

Your answer _____



Health fact: Douching can increase your risk of acquiring bacterial vaginosis.

Schedule an appointment with your healthcare provider if you are experiencing any of the described indicators.

References

1. Centers for Disease Control and Prevention. Bacterial Vaginosis – CDC Basic Fact Sheet. <https://www.cdc.gov/std/bv/stdfact-bacterial-vaginosis.htm>
2. Bacterial Vaginosis Survey – Patients & Healthcare Professionals, Harris Insights & Analytics Survey conducted September 14-29, 2017, (<https://www.keeperawesome.com/bacterial-vaginosis/>); Accessed March 22, 2022.