

RELACTAGEL¹⁰

Relactagel is a natural approach to the management of BV through the regulation of vaginal pH.

Relactagel is a lactic acid gel which:

- Helps to relieve and prevent symptoms of bacterial vaginosis
- relieves abnormal vaginal discharge & odour
- restores and maintains the natural acidity of the vagina to create a suitable environment for lactobacilli bacteria to grow, forming an important natural defence to infections
- can be used during pregnancy
- contains no preservatives



DOSAGE¹⁰

Relactagel comes in a 5 mL single use applicator.

FOR RELIEF OF BV: *

Use one single 5 mL applicator per day for 7 days at bedtime.

FOR PREVENTION OF BV: *

Use one single 5 mL applicator per day for 2-3 days at bedtime after your period. ***It is advisable to avoid intercourse when using Relactagel as semen raises the vaginal pH level.**

EASE OF USE¹⁰

Break and remove the cap and insert the entire neck of the tube into the vagina. Squeeze out the contents of the tube by maintaining constant pressure, then withdraw it and discard appropriately. **Relactagel** should be used at bedtime when lying down to minimise any potential leakage. In the event of a small leak a panty liner may be useful.

*Ask your healthcare professional
if **Relactagel** is an option
that can work for you.*

AVAILABILITY

Relactagel is available from your local pharmacy.

References:

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Vaginal Health



Your Guide to
Bacterial Vaginosis



GUIDE TO BACTERIAL VAGINOSIS (BV)

Vaginal discharges are not uncommon, can vary in consistency and usually have an inoffensive slightly sweet odour which is unique to every woman. A healthy vagina is naturally acidic with a low pH of approximately 3.8 – 4.5. This natural acidity is maintained by lactic acid producing bacteria known as lactobacilli. These bacteria flourish in an acidic environment and form a very important part of the natural defences, acting as a barrier to infections¹.

VAGINAL DISTURBANCES

There are a number of conditions that may upset the natural acidity of the vagina; these include fluctuating hormone levels during a period, pregnancy and menopause². Other influencing factors include antibiotics, sexual intercourse (semen is alkaline), intrauterine devices, douching, use of perfumed intimate body products, and smoking³.

Disturbances to the environment of the vagina can cause Bacterial Vaginosis (BV), Candidiasis (Thrush) and Trichomoniasis (Trich). BV is not a sexually transmitted infection but women who are sexually active and have had a change of partner are more likely to have it, including women in same sex relationships⁴.

BV is the most common cause of vaginal infection with an incidence rate of between 4% and 17% in North American private office patients. Rates increase from 25% to 61% when other factors such as pregnancy, age, demographics and sexual activity are also considered⁵.

BACTERIAL VAGINOSIS (BV)

BV symptoms are an abnormal vaginal discharge which can be thin, white or grey in appearance and has a distinct, unpleasant fishy odour⁶. This discharge may be confused with other vaginal infections. BV is not associated with soreness, itching or irritation⁶. Simple tests carried out by healthcare professionals can diagnose the presence of BV.

COMPLICATIONS ASSOCIATED WITH BV

Although BV is not a serious condition studies have associated it with pelvic complications such as preterm births, postpartum endometritis and late miscarriages. BV may increase a woman's risk of acquiring HIV⁷.

CURRENT TREATMENTS

The standard medical treatment for BV is a course of antibiotics⁶. In many cases BV can recur after antibiotic therapy with recurrence rates as high as 70%⁴. Clinical evidence shows that a treatment course of lactic acid (**Relactagel**) helps to relieve and prevent symptoms of BV^{1,8,9}. Lactic acid will relieve abnormal discharge and odour associated with BV. Lactic acid is a pH regulator that restores and maintains a normal vaginal pH. When a normal pH balance is present in the vagina, lactobacilli are encouraged to grow which restores the natural balance of the vagina flora.