



Better2Know

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Gardnerella Fact Sheet

What is Gardnerella?

Gardnerella Vaginalis is a bacterium that can sometimes cause a condition known as Bacterial Vaginosis (BV) in women.

BV is caused when the naturally occurring bacterial populations in the vagina become unbalanced, allowing the Gardnerella bacteria to multiply in large numbers. Once the populations of normal vaginal bacteria have been overtaken, symptoms of bacterial vaginosis can occur.

Gardnerella can be spread by sexual contact but is most frequently observed as occurring from women to men and from women to women. It has not been definitively established that men can transmit a Gardnerella infection to women.

What are the symptoms (if any)?

People who have Gardnerella often have no symptoms. If symptoms are present in women, these may include a vaginal discharge, vaginal irritation, and a "fish like" odour. Men are less likely to have symptoms than women but these may include itching or burning on urination, or other urinary or penile discomforts.

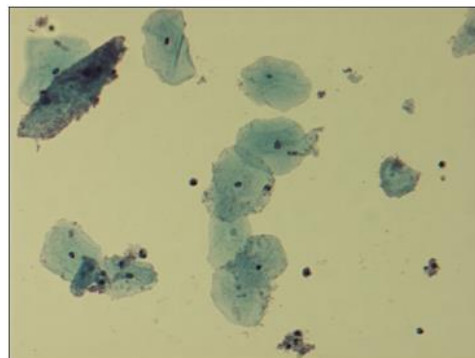
How is it treated?

Gardnerella is curable and can be treated with a short course of antibiotics.

You should abstain from sexual intercourse until your treatment is finished, and ensure that your sexual partners are also treated to avoid re-infecting each other.

What happens if you do not get treated?

If Gardnerella is left untreated, there is an increased risk of getting other STIs, including HIV.



Microscopic view of Gardnerella vaginalis, magnified 400x

A long term infection in pregnant women can cause premature rupture of membranes, preterm labour and delivery, along with a range of other potentially dangerous complications. Gardnerella has also been associated with Pelvic Inflammatory Disease (PID).

It is generally thought that the presence of Gardnerella in men does not pose any risk factors to the man. In normal circumstances the man's body will eliminate these bacteria over time.

Better2Know Testing Information

You should wait 14 days after any incident you are concerned about before getting tested for Gardnerella.

If you are a woman and experience any of the symptoms described above, you should consider getting tested or you should discuss your concerns with Better2Know or with your normal healthcare provider.

Better2Know's standard Gardnerella test uses a urine sample.

Women also have the option of a vaginal swab test.

Better2Know is the world's leading provider of private sexual health testing services. We will get you a clinic appointment or home testing kit quickly, and deliver fast and accurate results for your peace of mind. If you have any concerns about your sexual health please visit our website www.better2know.com or email us at info@better2know.com to book an appointment or purchase your test with us today.

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