



GBS Prevention and Treatment

Remember, the most important thing you can do to keep yourself GBS negative is to have healthy, thriving colonies of good bacteria (primarily lactobacillus) in your vagina. If you are GBS positive, it is *not enough* to simply kill the GBS. You must also recolonize your vagina with good bacteria or the GBS will simply come back.

How to Promote Healthy Vaginal Flora:

Eat foods that have live cultures: These include yogurt, kefir, kombucha, and kimchi.

Take a probiotic supplement such as Fem Dophilus by Jarrow Formulas.

If you are in a hurry, you may use a probiotic vaginal suppository such as PurFem for a few nights, or even engage in sexual intercourse using plain yogurt as a lubricant (“yogurt sex”).

How to Kill GBS without antibiotics:

Garlic: You can cut a whole clove of garlic in half and insert it into your vagina each night for 7 to 10 days. If you have any prior irritation of the tissues, it is likely that the garlic will sting. You may also “taste” the garlic in your mouth while it is inserted, so it may be easier to do this at night. Remember, after using the garlic, you must recolonize your vagina with good bacteria to prevent the GBS from coming back.

Tea Tree Oil Suppositories: Tea Tree Oil has antiseptic qualities that can help kill off GBS. Use 1 suppository at night for 6 days, then engage in recolonizing efforts as described above.

Hibiclens: Hibiclens is the trade name for chlorhexidine, a powerful antimicrobial cleanser used to disinfect skin and as a surgical scrub. To use it to kill GBS in the vagina, mix ½ oz Hibiclens in 4 ½ oz water in a peri-bottle. Gently spray into and all around the vagina (do NOT douche). Then rinse the peri-bottle thoroughly and refill with fresh water. Rinse your vagina a few times with clean water to prevent irritation of the vaginal walls. Then recolonize your vagina with good flora as described.

GBS Positive in Labor:

Antibiotics will absolutely kill GBS. However, GBS comes back easily even after it has been killed. This is why antibiotics are given to the mother *during* labor to prevent GBS infection of the baby. The very best way to prevent GBS infection of your baby is to be sure that you have healthy bacteria colonies living in your vagina, which prevents GBS bacteria from establishing their own colonies. But, if you know that you are GBS positive when labor begins and you want to kill it off before the baby is exposed but also want to avoid IV antibiotics, using the Hibiclens rinse while in labor is a viable alternative.