

## 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.

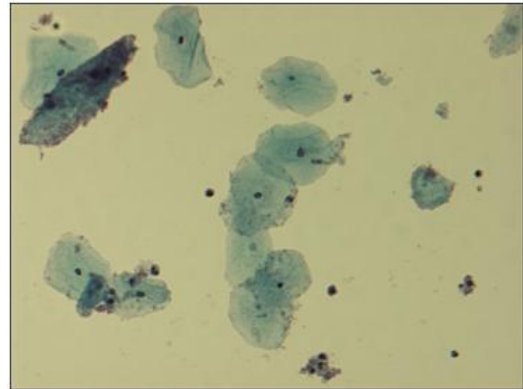
### How is it treated?

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 and that under 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 Vaginalis. 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 Vaginalis test uses a urine sample for the test. We can also conduct the test on alternative samples including a PCR Swab or as part of the normal PAP testing that women should have performed regularly.

Better2Know is the leading private provider of Sexual Health testing services around the globe. 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 are concerned about your sexual health please visit our website [www.better2know.com](http://www.better2know.com) to book an appointment or purchase your test with us today.

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