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What you need to know after receiving a positive gardnerella test result

This contains information about treatment, how long you need to avoid sexual contact for, when you should retest, who you might need to notify, and how to prevent reinfection. If you would like more detailed information, please visit our FAQ page here.

What do I need to know about treatment?

Gardnerella is just one of many organisms that are linked to bacterial vaginosis (BV). It is only when there is overgrowth of this bacteria in females that symptoms can occur and treatment may be needed.

Males do not require treatment if gardnerella is detected.

What do you need to know if you are prescribed treatment?

If you do require treatment for BV, please make sure to take all of the medication prescribed. Medication for BV should not be shared with anyone.

Sexual Activity

It's not completely necessary to avoid sexual contact, but symptoms of BV can resolve faster if sexual contact is avoided until treatment is completed.

Partner Notification

If you are diagnosed with BV, it's advisable that any female sex partners you may have get tested. This is particularly important for females who

may be pregnant. Male sex partners of females diagnosed with BV generally do not need to be treated.

Retesting

Retesting to check if this infection has cleared after treatment is not required, but if your symptoms return after treatment, you should discuss this with your doctor.

My infection was treated and I still have symptoms - is this normal?

If your symptoms continue for more than one week after completing treatment, or if they become more severe, please discuss this with your health care provider as you may need additional evaluation.

Prevention

It's unclear exactly how BV spreads. It is thought that the risk may be lowered by using condoms every time you have sex, not douching, not smoking and limiting the number of sex partners a person has.

However, it is always advisable to wear barrier protection such as condoms to reduce the risk of getting STDs.