

KNOWLEDGE-BASED STRATEGIES

Which May Help Prevent Prenatal-onset GBS Disease

Although there are no official guidelines regarding prenatal-onset GBS disease prevention, these 5 strategies may help prevent unborn babies from becoming infected by GBS.



1

URINE CULTURING FOR GBS AND OTHER BACTERIA

Urine culturing is important because having GBS in your urine means that you are likely to be heavily colonized vaginally where GBS could potentially harm your baby. Make sure to know your results!



- If you have a significant level of GBS in your urine or any symptoms, your healthcare provider should prescribe oral antibiotics at the time of diagnosis.
- If you have any reportable amount of GBS in your urine, you should receive IV antibiotics for GBS during labor and delivery regardless of any future GBS test results in this pregnancy.

2

KNOW THE SIGNS OF INFECTION IN UNBORN BABIES

Reasons to contact your provider immediately:

- Decreased or no fetal movement after your 20th week
- Frenzied fetal movement
- You have any unexplained fever



LEARN MORE AT [GBSI.ME/PRENATALONSET](https://www.gbsi.me/prenatalonset)

3

KNOW THE WARNING SIGNS AND SYMPTOMS OF PRETERM LABOR

GBS can cause preterm labor as well as cause a woman's water to break too soon. Call your health care provider right away if you experience any of the following:



- Your water breaks
- You have more vaginal discharge than usual or your vaginal discharge changes
- Vaginal bleeding
- Increased pressure in your pelvis or vagina
- Cramping in your lower abdomen or period-like cramps
- Nausea, vomiting, or diarrhea
- Dull lower backache
- Regular or frequent contractions

4

AVOID UNNECESSARY INVASIVE PROCEDURES

Invasive procedures may push GBS closer to your baby where GBS is able to cross intact membranes. Knowing how far you are dilated does not accurately predict when your baby will be born. Vaginal or perineal ultrasounds are less invasive options for internal exams although may not be readily available in all health care settings.

**5**

SEE YOUR HEALTHCARE PROVIDER IF YOU HAVE ANY "VAGINITIS" SYMPTOMS



GBS can cause vaginitis symptoms such as:

- external vaginal burning
- external vaginal irritation
- unusual discharge

These symptoms may be mistaken for a yeast infection (also known as vaginal thrush) and treated incorrectly.



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