

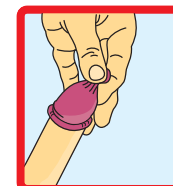
Condom Checklist

- When opening the condom do not tear with teeth, fingernails or jewellery. Check the condom packet for any tears or holes.
- Store condoms in an appropriate place: not too hot, cold or humid such as glove compartments in cars.
- CE Mark or BSI kitemark should be on the condom wrapper.
- Make sure that the condom's expiry date has not elapsed.
- If allergic to latex condoms use polyurethane condoms.

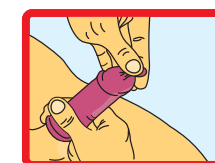
How to put a condom on?



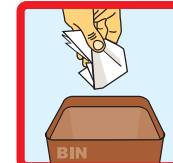
Open your condom wrapper using the easy-tear edges. Determine which way the condom is rolled.



Make sure your penis is fully erect. Pinch the entire reservoir at the tip of your condom shut.



Roll your condom on. Replace your condom if alternating between different types of sex.



Soon after ejaculation, take off your condom and dispose of the condom appropriately.



Health Promotion & Disease
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Ano-genital herpes

Ano-genital herpes is a common Sexually Acquired Infection caused by two types of virus: **HSV1** and **HSV2**. Either virus can affect both males and females at the ano-genital area, the mouth, nose, eyes, gums and fingers. The virus can enter the body through moist tender linings or minute cracks in the skin. Once inside the body the Herpes virus remains in the body throughout our lives. It can remain dormant in the body causing no symptoms but it can still be transmitted to partner(s). If Herpes becomes active, it can cause outbreaks. In some people outbreaks are more frequent than in others.

There is no clear evidence what brings about recurrent attacks. Strong light, local injuries, long-term stress and immunosuppression are thought to be precipitating factors.

Herpes can be acquired through: vaginal or anal sex and by sharing sex toys, skin to skin contact during sexual activity, especially when the affected area is not or could not be covered with a condom or dam, having oral sex with someone who has a cold sore or it about to get one and touching your own or your partner's genital area with herpes on the hand or fingers. You cannot get Herpes by hugging, from swimming pools or sharing of clothing.

Signs and Symptoms

The majority of the people who have acquired the virus never have symptoms themselves. However they can still pass it on to their partner(s). Symptoms may arise even after weeks, months and possibly years after acquiring the virus. Therefore, having the symptoms today it does not mean you have just come into contact with the virus recently. Some people can get symptoms 4 to 5 days after meeting the virus.

Common signs and symptoms may be: feeling relatively unwell with fever, headaches, dull pain, tingling or burning sensations in the back, legs, groin or genital area, painful, fluid filled blister in the ano-genital area which can burst and become red

sores and pain whilst passing urine or defecating.

The tingling sensation can be an indication of a future outbreak. Usually the first outbreak is the worst and it may last from 2-4 weeks. Symptoms usually subside in the following attacks and the sores/blisters get smaller and less painful.

There are several practical things that you can do to reduce the discomfort whilst experiencing an attack:

- Wrap some ice in clean small towel and apply to the affected area. Never put ice directly on the skin
- Cool showers can help in soothing the blisters or sores present
- Wash the affected area with salty water i.e. one teaspoon of salt with 1 litre of water
- Whilst washing be gentle and dab to dry yourself or use a cold hairdryer
- If urinating is painful, urinate in warm baths or showers
- Wash hands frequently to prevent bacterial infections in sores
- Drink plenty of fluids, wear loose cotton clothing and use pain relief tablets when necessary.

If you experience some or all of the above symptoms you should seek help immediately. Treatment works best if initiated within 5 days of the attack so that it can produce maximum relief. Antiviral tablets are given by the doctor in order to prevent the virus from replicating or reducing the time the outbreak will last. It is essential to take all the tablets as instructed by the doctor. The treatment does not kill the virus, but helps the healing process or reduces the possibility of infecting partner/s. People who experience repeated attacks (more than six in a year) can be offered a long term schedule of tablets to reduce the probability of an attack. The treatment used for facial herpes is recommended for ano-genital herpes. You can still take treatment even if you are pregnant. There is no need to treat every attack of herpes as it will eventually clear on its own.

Thus it is important to seek professional help as soon as you experience any symptoms. The doctor can

diagnose herpes by examining the affected area or else take a swab from the blister or sores themselves and send it to the lab for testing. This may be painful just for a short while. There is also a blood test that may be carried out to detect antibodies against the virus. There is no test that can tell you when you have acquired the virus or from whom. It would also be important to book a Sexually Acquired Infections screen in the near future to exclude any other acquired infections. Herpes increases the chance of acquiring HIV due to the breakdown of skin surfaces which offer an entry point for HIV.

You should refrain from any kind of sex, even with a condom especially if you have any of the above symptoms in order to reduce the possibility of passing the infections to others.

Herpes in pregnancy

Women can be treated in pregnancy with antiviral tablets if they have an attack of Herpes. If you acquire ano-genital Herpes before pregnancy there is only a low probability of giving to your baby and a caesarean section is not usually needed.

If you get ano-genital Herpes in the first trimester of pregnancy there might be a small chance of miscarriage.

If the first outbreak of Ano-genital Herpes occurs late in pregnancy, the baby may acquire the virus during birth thus it is advisable to have a caesarean birth. Always talk to your Obstetrician regarding your attack.

Whilst having blisters and sores are present you are highly infectious, thus it is important to:

- Avoid kissing and/or oral sex
- Avoid genital contact even with a condom as condoms only cover a limited area of the skin
- Avoid sharing sex toys

Being diagnosed with Herpes can be a stressful period in your life. Talk to your doctor and sexual health professionals in order to help you deal with the situation, and assess whether it is necessary to inform your sexual partner(s).

HIV

HIV stands for Human Immunodeficiency Virus. HIV is a virus that attacks the immune system. The virus may eventually cause AIDS-Acquired Immune Deficiency Syndrome. The progress from HIV to AIDS may take up to several years, depending on one's lifestyle, health and treatment provided.

How is HIV acquired?

HIV can enter the body through open cuts, sores or breaks in the skin; through mucous membranes, such as inside the anus or vagina or through direct injection.

There are several ways by which this can happen:

- Sexual contact with an infected person: Anal or vaginal intercourse without a condom with an infected partner/s. Even though unprotected oral sex is less risky than unprotected vaginal and anal sex, the risk is not zero. The risk of acquiring HIV infection is greater for the person giving oral sex rather than the person receiving oral sex. The risk of acquiring HIV increases when the person performing oral sex has cuts or sores around or in their mouth or throat, if the person receiving oral sex ejaculates in the mouth of the person performing oral sex; or if the person receiving oral sex has another Sexually Acquired Infection.
- Sharing needles, syringes or other injection equipment with someone who is infected.
- Mother-to-child transmission. A Baby can acquire HIV from an infected mother before or during birth, or through breastfeeding. However the risks of mother-to-child transmission of HIV can be reduced by the appropriate use of HIV treatment during pregnancy and labour; by having a caesarian delivery if the mother has a high viral load and by not breastfeeding.
- Healthcare professionals may acquire HIV in the workplace, most often after being stuck with needles

or sharp objects containing HIV-infected blood.

- Transmission via donated blood or blood clotting factors. However, this is now very rare in developed countries, including Malta, as blood is screened for HIV antibodies.

Therefore, you CANNOT acquire HIV through:

- Kissing, hugging, touching, shaking hands
- Sharing food, crockery, and utensils
- Swimming pools and toilet seats
- Insect or animal bites

Signs and symptoms

- weight loss
- diarrhoea
- skin rashes either on face, genitals or anus
- increase in herpes ulcers or thrush infections in your mouth and genitals
- night sweats
- nausea or loss of appetite
- swollen lymph glands in the neck, groin or armpits
- flu-like illness.

If you experience any of the above symptoms it does not necessarily mean that you have HIV/AIDS. The only way to know if you have acquired HIV is to get tested.

Treatment

Specialist physicians prescribe antiretroviral drugs which help slow down the HIV infection by reducing the viral load and increasing the number of CD4 T-cells which help the immune system fight against opportunistic infections. However, it is of great importance to take the medications as prescribed and regularly to maintain a successful treatment regimen and to help prevent the virus from becoming resistant to the drugs. Social and emotional support through counselling and psychotherapy are very important to help persons live with HIV and make the best out of their lives. It is important to stay healthy by eating a balanced diet, exercise regularly, stop smoking and avoid excessive alcohol consumption.

Thrush/fungal infection/ Yeast infection

Thrush is a very common fungal infection which can develop when you are pregnant, frequently wear tight, synthetic clothing, take antibiotics, have uncontrolled diabetes or are immunosuppressed, are undergoing chemotherapy or use irritants such as vaginal deodorants or perfumed bubble baths.

Women may experience: itching, irritation and redness around the ano-genital area, have a whitish, thick, curdy discharge often looking like cottage cheese and discomfort or pain whilst passing urine or having sex.

Men may experience: redness or red patches, itching, burning and irritation under the foreskin or on the tip of penis, have a discharge that looks like cottage cheese which can smell nasty and cause difficulty in pulling back the foreskin.

Thrush can be diagnosed easily by looking at the affecting area and by taking a sample of cells from the vagina during an internal examination or from the male's genital area including under the foreskin, and examining it under the microscope. In some people thrush resolves on its own. Whilst testing for thrush, the doctor will offer a screen for all sexually acquired infection to exclude any other concurrent infections.

Treatment is usually simple. For women antifungal creams, pessaries, pills or a combination may be utilised as treatment. For men there are anti-fungal creams. It is important to take the treatment as instructed by the doctor. Inform your doctor if you think you are pregnant or breastfeeding as you cannot take oral treatment. Some antifungal preparations can interfere with diaphragms, caps and latex condoms. Inform your doctor regarding your contraceptive choice for further advice.

For repeated episodes of thrush; it is important to avoid certain triggers such as wearing of tight, synthetic clothing such as lycra, tights, leggings and jeans, using perfumed soaps or genital deodorants and the repeated use of antibiotics. It is also important to have a well lubricated vagina before sexual activity and to wipe the genital area from front to back. There is no need to treat your partner if he/she has no complaints.

Trichomonas vaginalis

Trichomonas is a tiny protozoa that acquired through unprotected sex and by the sharing of sex toys.

Signs and Symptoms

The majority of infected males and females do not experience any signs or symptoms.

Women may experience: unusual vaginal discharge, unpleasant vaginal smell, soreness, redness, itching in and around the vagina, vulvar itching, pain whilst passing urine and uncomfortable feeling during sex.

Complications in women: if left untreated Trichomonas may cause: Pelvic Inflammatory Disease, premature delivery in pregnancy and babies with low birth weight.

Men may experience: burning after passing urine, some discharge from penis and itching in the urethra.

Trichomonas must be diagnosed with a test. You could still have Trichomonas even if your partner has tested negative. The doctor can get a preliminary result by taking some of the vaginal cells/discharge or urethral sample and examining it under the microscope. Confirmatory tests are then carried out at the lab. There is no way of telling how long you have had the infection or from whom you got it.

Sometimes Trichomonas can be observed during a routine cervical smear test. If this arises you will be sent to the GU clinic for further tests for Trichomonas. If you have a routine smear test this does not mean you are being tested for all Sexually Acquired Infections.

If you have Trichomonas you should also get tested for other Sexually Acquired Infections. Having Trichomonas can make you more at risk of acquiring HIV or passing HIV to others in you are already HIV positive.

It is also important that your current partner/s or past partners are informed of the infection so that they are given the opportunity to get tested and treated if found positive. The health professionals will help you inform your partner/s if it is difficult to do it yourself. Your name and details will be kept confidential.

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Treatment for Trichomonas

Trichomonas will not go on its own. If treatment is delayed the risk of complications is increased as well as transmitting the infection to your sexual partner/s. A course of antibiotics will be prescribed by the doctor and should be taken as instructed. You will be advised to take the antibiotics on a full stomach and to avoid drinking alcohol during the treatment and for 48 hours after as you might feel unwell. Inform the doctor if you are pregnant or else breastfeeding so that the doctor can decide what treatment to give. If you are on the Pill inform your doctor/nurse so that he/she can inform you on alternative methods of contraception.

Important Points

You should have a GU screen if:

- You or your partner/s have any symptoms
- If you or your partner/s had unprotected sex with a new partner
- If you or your partner claim to have a sexually acquired infection
- If you are pregnant or planning a pregnancy

Precautions to prevent future infections:

- Use condoms correctly and every time you have sex including oral sex
- Get tested as often as necessary
- Limit your number of partners and be faithful
- Do not have sex if drunk or have used illicit drugs
- Abstain from sex

Information compiled by **Ms Joanne Farrugia**
Design by **Stefan Attard**

No to
**Sexually
Acquired
Infections**



Chlamydia

Chlamydia is a Sexually Acquired Infection caused by bacteria. Chlamydia can be easily transmitted during vaginal, oral and anal sex and by sharing sex toys. Chlamydia can also be transmitted from mother to child during birth, thus causing infection in the baby's eyes and respiratory tract.

Symptoms caused by Chlamydia:

The majority of infected people do not experience any symptoms in the genital area. Symptoms are less common in sites such as the rectum and the throat.

Women may experience

- Bleeding after sex
- Bleeding in between periods or heavier periods
- Increased discharge and or changes in colour or smell
- Burning or discomfort whilst passing urine

Men may experience

- Burning whilst passing urine
- Discharge from the penis
- Discomfort or pain in the testicles

ZERO NEW INFECTIONS

Complications of Chlamydia:

Chlamydia can cause long term problems if left untreated.

- Women can develop complications such as Pelvic Inflammatory Disease (PID). Women most often experience abdominal pain, increased vaginal discharge, irregular and painful periods and pain during sexual intercourse. Such an infection can also lead to infertility and ectopic pregnancies (where the baby develops outside the womb).
- In men it can cause inflammation in the epididymis and or the testicles. Such inflammation can cause pain and discomfort in males.

- Chlamydia also facilitates HIV transmission. The genital inflammation caused by Chlamydia can give rise to microscopic cuts in genital tissue creating potential sites where HIV can enter the body.
- In <1% of cases, Chlamydia can cause inflammation in the eyes and arthritis in the joints called Reiter's Syndrome.

Testing for Chlamydia

Urine samples can also be utilised for Chlamydia testing in both females and males. The doctor may also take a swab from the cervix in women and send it to the lab for testing. If oral and/or anal sex has been carried out, the doctor will take samples from the throat and the rectum. The doctor will also test you for other Sexually Acquired Infections as you can have more than one infection at a time.

Treatment for Chlamydia

For Chlamydia, the doctor will prescribe specific antibiotics. Treatment will fail if you do not take all the treatment. Drug resistance may also be a danger. It is important that you do not have sex (even with a condom) until 7 days after a single-dose regimen and after completion of a multi-dose regimen. Do tell the doctor if you are pregnant as you will need different antibiotics. Antibiotics can stop the pill's contraceptive effect.

Telling one's partner about the infection

It is important to inform the current partner/s about the infection as you can get infected again when having sex. Ex-partners should also be informed. Even though people do not have symptoms, they may still be infected and pass the infection to other sexual partners. Harmful consequences can still be caused even in the presence of no symptoms.

The sexual health professionals will help you inform your partners if you do not want to do it yourself. Your name and details will be kept confidential.

Gonorrhoea

Gonorrhoea is a common curable Sexually Acquired Infection. The vagina, cervix, uterus, fallopian tubes, penis, anus, throat and eyes can be affected by this bacterium. Gonorrhoea cannot be acquired from swimming pools or toilet seats, contrary to many beliefs.

Symptoms in women

The infection in women is usually asymptomatic. Some women may experience vaginal discharge which may often have an unpleasant smell and a yellow/greenish colour. Urination may also be painful or gives a burning sensation. Rarely gonorrhoea may cause skin, joints, heart and brain inflammation.

Possible consequences in Women

If Gonorrhoea is left untreated, the infection may travel up to the uterus and the fallopian tubes and cause severe inflammation. Such a condition is called Pelvic Inflammatory disease (PID). With PID women may experience abdominal pain/tenderness and fever. If the affected women do not get prompt and the appropriate treatment, such as antibiotics, there may be consequences such as blockage of the Fallopian tubes, resulting in infertility or increase in the probability of ectopic pregnancies. Such consequences often happen as a result of adhesions that untreated infection causes. A mother may transmit gonorrhoea to her child during childbirth. Gonorrhea can affect the infant's eyes.

Symptoms in men

Usually men experience symptoms soon after sexual contact. The symptoms are pus-like urethral discharge which is usually profuse, yellowish/greenish in colour and a burning sensation when passing urine. Some men can be asymptomatic. With or without symptoms, one can still transmit the infection.

Possible consequences in males

Men may suffer from consequences such as inflammation of the prostate together with pain, fever and urgency to pass urine. Inflammation of the testicles or epididymis may also happen and as a result the scrotum may swell and cause pain in the groin.

Testing for Gonorrhoea

The tests consist of swab tests specific for gonorrhoea. The doctor can look at the discharge under the microscope and give a preliminary result. You will then be asked to call at the clinic for confirmatory results. The patient should not pass urine for 4 hours prior to testing. The doctor will also carry out a complete GU screen including an HIV test to exclude any other SAls.

Treatment for Gonorrhoea

Prompt treatment is needed to prevent harmful consequences. Gonorrhoea is resistant to most commonly used antibiotics, thus it is important to seek help at the GU clinic to receive the right treatment to reduce resistance. It is advisable to abstain from sexual activity until fully treated to avoid spreading of the infection or re-infection. The doctor will re-examine the patient after treatment to check whether the symptoms have subsided. There may be a possibility that the infection does not respond to the treatment given. In that case other antibiotics are prescribed. It is always advisable to use condoms with every sexual encounter to prevent re-infection. Gonorrhoea is also treated immediately in pregnancy in order to prevent infection in the baby.

Telling one's partner about the infection

It is also important that your current partner/s or past partners are informed of the infection so that they are given the opportunity to get tested and treated if found positive. The health professionals will help to inform your partner/s if it is difficult to do it yourself. Your name and details will be kept confidential.

Syphilis

Syphilis is a potentially serious Sexually Acquired Infection caused by a bacterium. Syphilis can be transmitted through vaginal, oral or anal sex, through blood, through needle sharing or from mother to baby though the placenta. It is treatable if caught in time.

Symptoms in men and women

Initially syphilis may present with one or more ulcers which are usually 1-2 cms in size, hard and not painful. Enlargement of the lymph glands in the vicinity is also observed. The ulcer may disappear even without treatment but this does not mean that the infection has disappeared. Ulcers may also be observed on the lips, tongue, tonsils, in the rectum and rarely other sites. Following the initial symptoms one may experience; a rash over the whole body especially on the palms and the soles of feet, flu- like symptoms like fever, headaches, fatigue, loss of hair, wart like lesions especially around the anus or the vulva, eye/vision problems and renal problems.

Possible consequences of syphilis

The sites that are usually affected are the skin, the heart, the neurological system and the bones. It is possible to discover syphilis at this late stage as you may not have observed the symptoms mentioned above.

Testing for Syphilis

In order to diagnose syphilis, the doctor has to take some blood. It is advisable that a complete GU screen is carried out including an HIV test. One has to approximately wait 2 weeks for the result. If it is negative, therefore, it is essential that a second test is carried out after 3 months. It is also beneficial that a syphilis test is carried out during pregnancy since syphilis can be passed to the baby. If the infection is present in pregnancy, it can be treated immediately.

BE SMART, USE CONDOMS

Treatment for Syphilis

The first line treatment for syphilis is specific penicillin injections. The patient may experience flu-like reactions such as rigors, flushes, and fever due to the reaction of the antibiotic against the bacteria. Prednisolone tablets are given to prevent these symptoms. If any of the above symptoms are experienced it is advisable to stay in bed, keep warm and take paracetamol.

It is essential that one returns for follow-up visits as advised by the doctor especially if having concurrent HIV infection. Once all the necessary treatment has been taken you cannot transmit the disease. Whilst treatment is being given, it is advisable that you abstain from sex in order to prevent re-infection or transmitting the infection. For patients that are allergic to penicillin, alternative treatment is available.

Telling one's partner about the infection

Together with the doctor/ health advisor you have to work out with whom you had any kind of sexual contact. This is done so that the source of infection is detected. All possible contacts are to be tested and treated accordingly. Sexual health professionals will help inform your partner/s if it is difficult to do so yourself. Your name and details will be kept confidential. Once syphilis is treated it does not mean that there is immunity from future infections. One can re-acquire syphilis from another sexual partner.

Ano-genital warts

Ano-genital warts are a very common Sexually Acquired Infection which are caused by a virus called the Human Papilloma Virus (HPV). There are different types of viruses which effect different parts of the body; however there are some that are commonly found in the ano-genital area.

HPV can be acquired during:

- unprotected sex including vaginal, anal and/or oral
- skin to skin contact with warts even without penetrative sex
- sharing sex toys with partner/s who have HPV.

Ano-genital warts cannot be transmitted from hugging, swimming in pools, from toilet seats and sharing of cutlery and plates.

Signs and Symptoms

Warts may appear as bumps on the ano-genital area. You may experience itching, irritation or bleeding from warts. Warts may be tiny or bigger in size, may appear individually or in a group and some may be smooth and flat or pink and cauliflower-like in shape. You can have anal warts around the anus even if you have never performed anal sex, as the virus can affect the whole ano-genital part. If you notice any changes in your ano-genital area consult the doctor for advice. Usually the doctor can examine the wart and confirm the infection. The doctor would need to examine the vagina and the anus internally to see if there are any warts on the inside.

Some people may come into contact with the virus and never have the warts themselves. However they can still transmit the virus to their sexual partner/s. If warts show up this may happen weeks, months and even years after having come into contact with the virus. There is no way how you can detect from whom you could have acquired the virus.

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Treatment for Ano-genital Warts

You may decide to leave your warts there. Warts may clear up even without treatment. The treatment depends on the number of warts present, where they are and what they look like. There is nothing that can be done against the virus itself. All that can be done is removal of the warts. There are several treatment options; there are creams or solutions that can be applied on the warts as directed by the doctor, cryotherapy which is a very cold spray made of liquid nitrogen, surgery under anaesthetic and laser treatment.

Careful: Creams can weaken latex condoms, diaphragm and caps. Ask your doctor for advice.

Sometimes more than one treatment can be utilised at the same time. Some treatment regimes may cause pain, irritation or soreness. Whilst on treatment you should not use perfumed bubbles baths or soaps as they may cause more irritation or soreness. Do not use any treatments that are bought over the counter for warts on the hands, finger and feet. In some people warts may disappear immediately, however, in others warts can be persistent for a long time. Do not attempt to remove the warts yourself as you may cause more damage. Do return to the clinic for follow-up appointments so that the doctor can observe the treatment's success or failure and decide on future plans of action. You might get one or more episodes of warts in your life. If you observe new warts this may be due to the original infection or else a new infection from a new partner/s.

Some warts may present in pregnancy or actually become more visible. If you think you are pregnant you should tell the doctor immediately as the cream is **NOT INDICATED** in pregnancy. Treatment can be delayed until after delivery. Usually after the pregnancy is over the warts disappear. There is no need for a caesarean delivery unless the warts are so big they may cause problems during delivery. Passing on warts to your baby during vaginal delivery is rare.

If you have warts there is a chance of passing the infection to your partner/s. Use condoms wherever possible to reduce the contact of warts to normal skin.

Bacterial vaginosis

Avoiding sex until the warts are no longer visible in order may help to protect the treated area from friction.

Whilst at the clinic you would be offered a screen for all the common Sexually Acquired Infections. It is also best to suggest to your partner/s to carry out a screen for Sexually Acquired Infections to avoid further transmission of other infections.

Some types of HPV may cause cancers of the cervix, vulva, vagina, anus and penis. Thus, it is important that women have regular smear tests as advised by their gynaecologist to detect the early, cellular changes that may later progress into cancer. There are 2 vaccines that have been developed to protect against HPV; one protects against two viruses HPV 16 & 18 (types that may cause cancer) and the other vaccine protects against four viruses HPV 6,11, 16, 18 (types that cause cancer and genital warts). The vaccine is best given to children as young as 11 years, before they have started sexual activity, to reach maximum effectivity.

BV tends to occur more frequently in women who use strong soaps, bubble baths and vaginal deodorants in the bath, utilise antiseptic liquids in the bath, douche, use strong detergents as washing up solutions and are smokers.

BV can be diagnosed by taking a sample of cells from the vagina during an internal examination and examining it under the microscope. The pH of the vagina can be measured by putting some of the discharge on a special paper. In some people BV resolves on its own. Whilst testing for BV, the doctor will offer a screen for all sexually acquired infection to exclude any other concurrent infections. Having BV puts you at a greater risk of acquiring Pelvic Inflammatory Disease and HIV. Pregnant women with BV can either miscarry or else give birth prematurely or to low birth babies. Men do not get BV so they do not need any treatment.

Some women may need treatment such as antibiotics. Usually when such an antibiotic is used it is advisable to refrain from drinking alcohol and to eat a good meal prior to taking the treatment to avoid an upset stomach. It is important to inform the doctor if you think you are pregnant or if you are pregnant or breastfeeding as treatment can vary. Discuss methods of contraception with the doctor.

