

## Clinical factsheet

CF-06A

# Vaginal colonization by probiotic lactobacilli, and clinical outcome in women conventionally treated for bacterial vaginosis and yeast infection.

— Pendhakar S. et al; *BMC Infectious Diseases* (2015) 15:255  
DOI 10.1186/s12879-015-0971-3

## CONCLUSION

This study suggests that the treatment with antibiotics in combination with EcoVag® lactobacillus strains provide long-term cure against BV as compared to previous published studies. We could confirm our previous finding that a change of partner was strongly associated with relapse of BV.

## FACTS

### Study design:

Women diagnosed with BV were consecutively recruited in an open label clinical trial. A 6-months consecutive treatment open label study with follow up at 6 months. The Women were treated with Clindamycin and Metronidazole gel followed by vaginal EcoVag® capsules containing *Lactobacillus ramosus* DSM 14870 and *Lactobacillus gasseri* DSM 14869 for 5 consecutive days after each antibiotic treatment.

### Subjects:

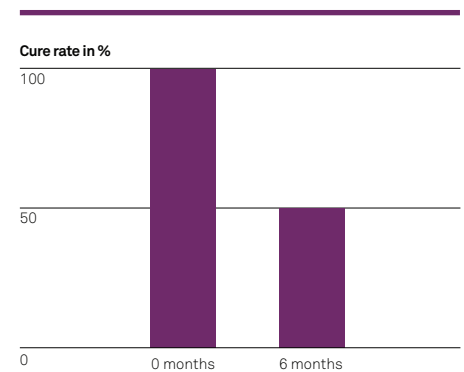
Totally 10 Scandinavian women diagnosed with BV (Amsel criteria) were recruited. Age range: 35, 7 (26-49).

### Dosage:

One EcoVag® OTC capsule for 5 days following antibiotic treatment. After next menstruation and following treatment with Metronidazole, gel (Zinovel gel 5 g, MEDA A/S Norway) another 5 days administration of EcoVag® OTC capsule. Efficacy of treatment was evaluated after the last treatment course. After 6 menstrual cycles, women were scheduled for a follow up visit. A follow up was taken place at 6 months.

### Duration:

2 menstrual cycles and follow up at 6 months.



**Figure 1: Long term cure rate of BV in %.**

The figure illustrates that after the intervention with antibiotics in combination with EcoVag®, the cure rate of BV is 50 % at the 6 months follow up. This is better than in most published studies where the cure rate reported is only around 40% , 6 months after treatment.