

**The Birth Cottage of Milford
4 Prospect Street
Milford, NH 03055
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Group B Streptococcus (GBS) Protocol

140 ml of 0.2% chlorhexidine vaginal wash at the onset of labor or at rupture of membranes, whichever comes first, and to be repeated every 6 hours

Prepare the 0.2% chlorhexidine solution by combining 7 ml (1 1/2 teaspoons) Hibiclens© (4% chlorhexidine) with 133 ml (1/2 cup plus 2 teaspoons) of water. Use the entire amount each time, and mix a fresh batch for every application.

Hibiclens© can be purchased at most pharmacies, without a prescription. Please purchase this ahead of time, as some pharmacies do not stock it, and may need to order it for you. The smallest bottle should be sufficient. Transfer your diluted solution into a disposable douche bottle. Use as a vaginal wash/rinse, not under pressure, at the onset of labor and every six hours thereafter until birth.

Based on:

1: Int J Antimicrob Agents 1999 Aug;12(3):245-51 (Department of Gynecology and Obstetrics, Aker Hospital, University of Oslo, Norway)

This prospective controlled trial demonstrated that vaginal douching with 0.2% chlorhexidine during labor can significantly reduce both maternal and early neonatal infectious morbidity. The squeeze bottle procedure was simple, quick, and well tolerated. The beneficial effect may be ascribed both to mechanical cleansing by liquid flow and to the disinfective action of chlorhexidine.

J Matern Fetal Med 2002 Feb; 11(2):84-8 (Department of Gynecology, Obstetrics and Pediatric Sciences, University of Modena and Reggio Emilia, Modena Italy)

Conclusion: In this carefully screened target population, intrapartum vaginal flushings with chlorhexidine in colonized mothers display the same efficacy as ampicillin in preventing vertical transmission of group B streptococcus. Moreover, the rate of neonatal E. coli colonization was reduced by chlorhexidine.