

Group B Strep

by Mary Gibbons

What is GBS?

Group B streptococcus is a bacteria that lives in the vagina of about 15-40% of normal women. Women are screened during pregnancy to determine if they are colonized with the bacteria. The screening test is a vaginal culture that is done between 35 and 37 weeks. If you have ever tested positive before, you are always considered positive. It is possible to pass this bacteria to your baby during birth. Most of the time, a mother who has GBS will not pass it to her baby. About 1 in 2000 babies become infected with GBS. If a baby does get an infection it can be very dangerous.

Who is at risk?

The babies that are most at risk for developing GBS infections are those whose mother have had:

Premature rupture of membranes or premature labor (before 37 weeks)

Rupture of membranes for over 18 hours

Are highly colonized

Have had GBS in their urine during pregnancy

Have had a fever during labor

Have had a previous baby with a GBS infection

Symptoms of GBS in the newborn

Most babies (80%) that get sick with GBS do so in the first week of life. This is called early onset GBS disease. The baby will show some or all of the following symptoms:

Trouble maintaining temperature

Trouble breathing (Grunting, Chest retracting, nostrils flaring, fast respiratory rate)

Fever

Seizures

Change in behavior

Stiffness

Limpness

Some babies also get sick 1 week to several months after birth. This is called Late onset GBS disease. The baby will show some or all of the following symptoms:

Group B Strep

Trouble maintaining temperature

Trouble breathing (Grunting, Chest retracting, nostrils flaring, fast respiratory rate)

Inconsolable screaming

Refuses to eat

Fever

Stiffness, may be in arms or legs only

Limp or floppy

Hospital Birth Protocols

The standard of care is to receive IV antibiotics if you tested positive for GBS. It is usually given by IV every 4 hours.

Natural Treatments

Some women do not want to receive antibiotics during labor. There are many natural remedies that you can do at home to get rid of GBS. If you are at high risk for passing GBS to your baby you may still need to be treated by antibiotics. These are some of the home remedies for GBS.

3 days before you are cultured and the week before you are due:

insert a whole garlic clove into the vagina at night.

Twice a day, with breakfast and dinner in the last month of pregnancy

- acidophilus - 4 billion cells per dose
- echinacea - 350 mg capsules - two capsules
- garlic - 580 mg capsules - two capsules
- vitamin C - 500 mg with 200 mg bioflavonoids
- grapefruit seed extract - 15 drops

Use hibiclens to wash yourself at the onset of labor

<http://www.americanpregnancy.org/pregnancycomplications/groupbstrepinfection.html>

<http://www.groupbstrep.org>

<http://forums.naturalparenting.com.au/pregnancy-information-questions/4540-some-gbs-treatment-info.html>