



GROUP B STREP IN PREGNANCY

WHAT IS GROUP B STREP (GBS)?

- GBS is part of the body's normal bacteria. Typically, it does not cause any problems in healthy individuals.
- About 1 in 5 pregnant women have GBS as part of their normal bacteria.
- GBS is not a sexually transmitted infection.

HOW DO I KNOW IF I HAVE GBS?

- Early in your pregnancy, you will have a urine test that may detect GBS. If GBS is found in your urine, it is also in your vagina.
- If GBS is not in your urine, you will be tested at around 36 weeks gestation.
 - A swab of the vaginal opening and rectum will be done with a Q-tip and sent to the lab for culture. This will determine if you are a carrier of GBS.

WHAT IS THE RISK TO MY BABY IF I AM GBS POSITIVE?

- Babies do not usually get GBS.
 - Only about 1 in 4,000 babies get sick if adequate treatment is given during labor.
- If your baby does get infected with GBS, it can cause infections such as pneumonia, meningitis, or sepsis.
- It is important to watch your newborn for signs of respiratory distress such as difficulty breathing or skin color changes, especially if you are not adequately treated during labor.

HOW CAN NEWBORN INFECTION FROM GBS BE PREVENTED?

- If GBS has been identified in your urine culture during your pregnancy or found with your vaginal/rectal swab, you will receive antibiotics during labor. Getting at least 4 hours of antibiotics that treat GBS will remove the bacteria from your vagina.
- The current recommended antibiotic treatment for GBS is penicillin. You will receive an initial antibiotic dose and subsequent doses every 4 hours till delivery.
 - If you have a known penicillin allergy, alternative antibiotics will be used. The frequency of doses may be different depending on the antibiotic.
- If your labor progresses quickly and you are not adequately treated, the baby will have a screening test to make sure they are not infected. Typically, the baby will remain in the hospital with you for a full 2 days to monitor for signs of infection.

WHEN SHOULD I CALL THE OFFICE?

- Your water breaks or you begin to leak fluid.
- You are in labor: having contractions every 5 minutes or less that are painful, lasting at least 45 seconds, and have been going on for an hour.
- If you have any questions or concerns.