



*Birth Center
of Jacksonville*

GROUP BETA STREP PROTOCOL Prevention and Treatment

The neonate contracting Group Beta Strep (GBS) from the mother is rare but concerning. If a patient is positive, there should be no internal exams during the pregnancy, no artificial rupturing of the membranes (AROM) without good reason such as imminent delivery, and especially no intrauterine pressure catheter (IUPC) or internal fetal monitoring (IFM). Logic dictates that if GBS is at the introitus then we shouldn't be pushing it up to the cervix.

This protocol is not designed to mask or skew the results of the test. It is designed to reduce the population of GBS in the mother's body – it is preventive supplementation to avoid GBS and also works as a **treatment** for GBS.

Protocol for women who want to avoid colonization with GBS before the screen or who want to treat GBS if they do test positive:

Take twice a day (breakfast and dinner)

Acidophilus - 4 billion cells per dose

Echinacea - 350 mg capsules x2 caps

Garlic - 580 mg capsules x2 caps

Vitamin C - 500 mg w/200mg bioflavonoids

Grapefruit seed extract - 15 drops or one capsule

Zinc & Vitamin B-6 can also be added w/beneficial results