

GBS “PREVENTATIVE” PROTOCOL

**PLEASE DISCUSS ALL SUPPLEMENTS WITH YOUR PROVIDER BEFORE BEGINNING THIS OR ANY REGIMEN.*

Acidophilus – 15 billion live cultures/day (4 billion every 4 hours)

Echinacea- 450mg capsule @ 4 times/day

Vitamin C- 1000mg capsule @ 2 times/day (500mg every 4 hours)

Propolis 1000mg @ 4 times/day

END OF PREGNANCY/ CERVICAL “RIPENING” PROTOCOL

Evening Primrose Oil capsules, 1000mg (taken orally or inserted vaginally)

36 weeks- 1 pill daily

37 weeks- 2 pills daily

38 week+ 3 pills daily until delivery

Red Raspberry Leaf tea (or capsules)

36 weeks- 1 cup OR 1 300-400mg capsule daily

37 weeks- 2 cups OR 2 capsules daily

38 weeks+ 3 cups OR 3 capsules daily, until delivery

*written by CNM Eileen Nyholt, Aurora Sanai-Milwaukee

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The following guidelines on consuming raspberry leaf during pregnancy have been taken from Parsons, M (1999). Raspberry leaf. Pregnancy, Birth and Beyond Newsletter, 1(2), pp. 1-2. This dosage is slightly higher than Nyholt’s recommendation. Watch for any uterine cramping or other reactions, If you don’t experience any, you can talk to your healthcare provider about increasing to 2 cups/day. Again watch for uterine cramping . If you notice any, cut back on your dosage for two weeks and try again. Keep in mind that some women have irritable uteruses and can only drink red raspberry leaf tea once they reach their due date because of uterine cramping.

Tablets- Take two 300mg or 400mg tablets with each meal (three times a day) from 32 WEEKS

Teabags (1 teabag=1 tsp loose leaf)

1st Trimester: one cup per day

2nd Trimester: two cups per day

3rd Trimester: three cups OR up to five cups per day