

# **Probiotics as Adjuvant Treatment for Bacterial Vaginosis**

**NCT03894813**

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# Informed Consent

We are going to carry out a study: Prospective, randomized controlled clinical study on the adjuvant treatment of bacterial vaginosis with probiotics. Your situation meets the enrollment conditions of this study. Therefore, we invite you to participate in this study. This informed consent form will introduce you to the purpose, steps, benefits and risks of this research. Please read it carefully and decide whether to participate. When the researchers explain and discuss the informed consent form to you, you can ask any questions at any time to make sure you are understanding. You can make a decision after discussing it with your family, friends, or your medical doctor.

The project leader of this research is: Professor Fan Shangrong, Chief Physician, Peking University Shenzhen Hospital

Project sponsor: BGI Precision Nutrition (Shenzhen) Technology Co., Ltd.

## 1. Why is this research conducted?

Bacterial vaginosis (BV) is a clinical syndrome caused by a dysbacteriosis of the vagina. It is a common disease in gynecological clinics and directly lead to many serious obstetrics and gynecological complications (such as premature delivery, postpartum endometritis, cervicitis, pelvic inflammatory disease et al). Radically treatment of BV can reduce the infection of patients with sexually transmitted diseases such as gonococcal infection, human papillomavirus (HPV), human immunodeficiency virus (HIV) infection risk. Currently, systemic or local administration of metronidazole is the gold standard program for the clinical treatment of BV. However, the recurrence rate was 52% in the 6-month follow-up and 68% in the 12-month follow-up test. New treatments are needed to prevent and reduce the recurrence of BV.

## 2. How many people will participate in this research?

This study is a preliminary test, with a sample size of 120 cases and 60 cases in each of the two observation groups.

## 3. How was the research conducted?

If your vaginal discharge is abnormal, you could be invited to screen for BV first, the following tests could be proceeded to determine whether you can participate in the study:

(1) A cotton swab of the vaginal discharge will take and the pH value of vaginal secretions and Nugent score will be conducted to determine whether you can participate in the study.

(2) If the test is indicated with BV, the researcher will ask about and record your medical history, and conduct a physical examination on you.

(3) If you meet the included criteria and excluded criteria, you are asked to sign an informed consent.

(4) Then you will be assigned to the control group or the test group according to a random number table in the order of entry time at a ratio of 1:1.

(5) Starting from the enrolment day, the participants in the test group received orally administered probiotic drinks containing *L. rhamnosus* GR-1 and *L. reuteri* RC-14 ( $\geq 1 \times 10^9$

CFU per day, for 30 days) and vaginally administered metronidazole suppositories (0.2 g per day, for 7 days), and the participants in the control group received metronidazole vaginal suppositories only.

Medication plan:

Intervention group: Metronidazole suppository (200mg), 1 capsule/day, vaginally administered for 7 consecutive days; starting from the first day of treatment, metronidazole suppository, take Umi-Miyue probiotics on an empty stomach every morning, menstruation During this period, take it continuously for 30 days.

Control group: Metronidazole suppository (200mg), 1 capsule/day, vaginally administered for 7 consecutive days.

(6) Clinical follow-up visits were scheduled at 30 and 90 days after starting treatment. You will receive a series tests and report a questionnaire.

4. What are the inclusion criteria and exclusion criteria?

The inclusion criteria were women aged between 18 and 65 years old, premenopausal women, women with a history of sexual activity, and women with a Nugent's Gram stain score of 7 or higher. The exclusion criteria were mixed vaginitis, such as vulvovaginal candidiasis (VVC), *Trichomonas vaginalis* (TV) infection, *Chlamydia trachomatis* (CT) infection or gonococcal vaginitis; planning for or being pregnant; breast-feeding; pelvic inflammatory disease; allergy to metronidazole; currently using antibiotics; long-term use of contraceptives or immunosuppressants or anaphylactic constitution; and a history of systemic organic diseases or psychiatric diseases.

5. How long will this study last?

The follow-up period of this study was 3 months after the start of treatment and the adverse events will be monitored for 6 months after the enrollment.

6. What are the risks of participating in this study?

Studies have reported that transient abdominal distension and flatulence are rare said affects in taking the probiotics. Any adverse reactions related to the study product during the observation period will be treated in time. Occasionally, a small amount of bleeding from the cervix occurs during the sampling of vaginal secretions, which is mostly related to the patient's own reproductive tract infection.

7. What are the benefits of participating in this study?

Participate in this study, you will receive standardized diagnosis and medication treatment with BV. The treatment may improve symptoms and obtain a cure. Oral probiotics can regulate the balance of your intestinal flora and genital tract flora, improve systemic immunity, and prevent disease recurrence.

8. Is it necessary to participate in and complete this research?

Whether you participate in this study is entirely voluntary. If you are unwilling, you can refuse to participate at any time. This will not have any negative impact on your current or

future medical care. Even after you agree to participate, you can change your mind at any time and tell the investigator to withdraw from the study. Your withdrawal will not affect your access to normal medical services.

After your drop out, your information in the previous study will not be used and will finally be destroyed. However, in rare cases, it is necessary to use this information. For example, when government regulatory agencies conduct supervision, inspection, and statistics, they will request to view all research information, which will include relevant information about your participation in the research at that time.

#### 9. Fees and compensation for participating in the study

The medicine for your bacterial vaginosis treatment is provided by the sponsor, and the examination of vaginal secretions for each person during the follow-up period will be paid by the sponsor. There is no compensation for transportation expenses, lost work expenses, etc. in this study. This research is unpaid.

#### 10. How to deal with research-related injuries?

When your health is harmed by participating in this study, please inform the investigator immediately.

#### 11. Will my information be kept confidential?

If you decide to participate in this research, your participation and your personal information will be kept confidential. Your secretion specimen will be identified by the study number instead of your name. Your files will be kept in a locked filing cabinet, which is only accessible to researchers. To ensure that the research is conducted in accordance with the regulations, when necessary, members of the government management department or the ethics committee can consult your personal data in the research unit according to the regulations. When the results of this research are published, no personal information about you will be disclosed.

#### 12. Who should I contact if I have questions or difficulties?

If you have any questions, you can contact the Clinical Research Ethics Committee of Peking University Shenzhen Hospital with the TEL: 0755-83923333-8809.

#### 13. Signature

##### Researcher's Statement

I have explained the study (a prospective, randomized controlled clinical trial on the adjuvant treatment of bacterial vaginosis with probiotics) to the subject, she have realize the background, purpose, procedures, risks and benefits of this study, and gave her enough time to read the informed consent form and discuss with others; I told the subject's contact information when they encountered research-related problems; I told the subject that she could do anything during the research period There is no need for any reason to withdraw from this study.

Investigator's signature: \_\_\_\_\_

Date: \_\_\_\_\_

Subject's statement

The researcher explained the study (a prospective, randomized controlled clinical study of probiotics for adjuvant bacterial vaginosis) to me and I have known the background, purpose, procedures, risks and benefits of the study. I have enough time and opportunity to ask questions. I know who I should contact when I have questions. I read this informed consent form and decided to participate in this research. I know that I can withdraw from this research at any time during the research period without any reason. I was told that I would get a copy of this informed consent form, which contained my signature and the researcher's signature.

Subject's signature: \_\_\_\_\_

Date: \_\_\_\_\_