



Thrush Infection

Thrush is sometimes called yeast. Yeast grows in warm, moist, covered areas on the body, such as a mother's nipples or vagina, and a baby's mouth or diaper area. Thrush is not a serious condition, but can cause pain and feeding problems.

You may get thrush if you:

- or baby have taken antibiotic or steroid medications
- had a vaginal yeast infection at the time of birth
- are anemic
- are experiencing physical or emotional stress
- have had sore or damaged nipples
- are diabetic
- are wearing moist nursing pads

You may see these signs for mother:

- nipples feel sore, itchy, or burning **after** feeding
- nipples are deep pink or bright red in colour
- nipples appear shiny or flaky
- deep burning or shooting pain in the breast during or after feeding

You may see these signs for baby:

- white patches on the gums, tongue, or inside of cheeks of the mouth
- sudden refusal to latch or is very fussy during feedings
- diaper rash that is bright red with open areas and well marked edges
- diaper rash that does not improve after 3 days with usual treatment

What to do:

Mother and baby should be treated at the same time:

- Apply an antifungal cream or gel (not ointment) such as *Miconazole* (Monistat) or *Clotrimazole* (Canestan) to your nipples.
- Put a small amount of cream (about the size of a pea) on nipples and areolae before each feeding. After feeding, dry nipples and apply cream again. Rub in well. Do this for 10-14 days or for 2 days after symptoms go away. Do not wash the cream off before feeding. Change to another type of cream if symptoms are not improving after 3-5 days.

OR

- Apply Gentian Violet to your nipples.
- Use a 0.5% or 1.0% solution. Pour a small amount in a cup. Dip a cotton-tipped applicator into the liquid and apply to nipples and areolae. Latch baby immediately so that the mouth becomes coated. Apply once a day for 3-4 days only. Caution: will stain clothing.

If you do not see an improvement, talk to your health care provider about prescription options:

- Your baby may be prescribed a medication called Nystatin.
- Give after feeds. Shake bottle then measure the dose with a dropper and place in a small cup. Apply half of the dose to the baby’s tongue, gums, inside cheeks and roof of the mouth with a cotton-tipped applicator. Feed the rest to the baby.
- You may be prescribed a medication called Fluconazole. This can be used when other treatments have not been successful.

To help relieve diaper rash:

- Wash area well with warm water
- Air dry well
- Apply an antifungal cream after each diaper change (eg. *Nystatin*, *Miconazole* or *Clotrimazole*)

Try the following suggestions to improve success during treatment:

- Wash hands well before feedings and after diaper changes
- Wash towels often or use paper towels
- Boil soothers, nipples and bottles, and breast pump parts for 3 minutes every day
- Discard milk that was pumped during a yeast infection
- Change moist nursing pads and air dry breasts after feedings
- Wash laundry in hot water and dry well.
- Avoid foods and drinks high in sugar, such as breads, pastries, and alcohol
- Eat plain yogurt with live culture (acidophilus or bifidus)
- Take acidophilus (lactobacillus) capsules daily

Seek help from your public health nurse or your health care provider if symptoms persist.

**Vancouver Coastal Health is committed to helping women successfully breastfeed.
Please call your local Public Health Unit for additional information.**



**Other information on parenting are available at your local
Community Health Office/Centre or online at <http://vch.eduhealth.ca>**

You can get further information about breastfeeding from:

Public Health Nurse or
 Community Nutritionist at Vancouver Coastal Health.....www.vch.ca
 Baby’s Best Chance.....<http://www.health.gov.bc.ca/children/initiatives/bbc.html>
 HealthLinkBC.....8-1-1
 Translation services are available in 130 languages.....www.healthlinkbc.ca



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