

Patient Information Leaflet

The Adam Practice

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THE ADAM PRACTICE

Oral or Vaginal Thrush

For further information visit

www.nhs.uk or www.patient.co.uk

ORAL THRUSH

Oral thrush is a yeast infection in the mouth caused by a type of fungus called *Candida*. It causes an unpleasant taste, soreness, a burning sensation on the tongue and sometimes difficulty swallowing. It is not contagious, meaning it cannot be passed to others.

Healthy newborn babies can also be affected as the condition can be passed from mother to baby during labor if the mother's vagina is infected. It can also be passed through breastfeeding.

You may be more likely to develop oral thrush if you are taking certain medications such as inhaled steroids, have poor oral hygiene, have diabetes, wear false teeth, smoke or have a weakened immune.

If your answers to the questions overleaf are **YES**, the doctor will probably prescribe you or your baby some antifungal treatment, however **symptoms often settle on their own**.

Treatment is usually in the form of a liquid called Nystatin, which you drop onto the affected area usually 4 times a day – this does not harm your baby/child and is usually well tolerated. In adults, you may be prescribed a similar liquid, although sometimes a tablet or gel may be more appropriate.

If your symptoms do not settle despite using the recommended treatment, please contact the surgery again. Initially you will need to speak to a doctor in telephone consultation, who may then advise you come in as a routine appointment.

Questions To Answer...

ADULT:

1. Have you noticed white patches on your tongue that can be wiped off? YES / NO
2. Have you noticed your tongue feels sore or burns? YES / NO
3. Have you noticed an unpleasant taste in your mouth? YES / NO
4. Have you got difficulty swallowing? YES / NO
5. Have you had oral thrush before? YES / NO

CHILD:

1. Have you noticed white spots or patches on your child or baby's tongue/gums/roof of mouth or cheeks? YES / NO
2. Is your baby refusing the breast or bottle? YES / NO
3. Is your baby dribbling white shiny saliva? YES / NO

Vaginal Thrush

This information is for non-pregnant women over the age of 16

Thrush is a type of fungal infection caused by a yeast called Candida. Candida normally lives on the skin and in the mouth in small amounts, but if it overgrows and takes over, we call it “thrush”.

Common causes include being on the contraceptive pill, after antibiotics or being run down.

There are different types of treatment for vaginal thrush including Canestan cream, Canestan pessary (tablet to be inserted into the vagina) or Fluconazole/Diflucan tablets to swallow.

The cream should be applied 2-3 times daily around the outside of the vagina or inside (see instructions with medication) and should help relieve the symptoms of the itch and soreness.

The pessary helps cure the thrush at the top of the vagina. This must be inserted inside the vagina using the applicator provided, in a similar way to a tampon. It needs to stay in overnight to slowly dissolve. You may notice white chalky discharge in your underwear.

The tablet to swallow should only require a one off dose.

All of the above treatments are available over the counter at your local pharmacy.

If your symptoms do not settle despite using the recommended treatment (or if you are pregnant or under 16 years of age) please contact the surgery. Initially you will need to speak to a doctor in telephone consultation, who may then advise you come in as a routine appointment.

The content provided in this leaflet is for information purposes only.. Information obtained in this leaflet is subject to personal interpretation and can become obsolete, thus accuracy cannot be guaranteed. Please consult your own healthcare provider regarding any medical issues. Last updated May 2017