



Vaginal Thrush	When to Refer	Advice for Self Care	Treatment Options		
			Drug	Dose and Duration	Advice
<p>Vaginal thrush is caused by abnormal colonization of the vagina by yeast cells mainly <i>Candida albicans</i>. Candida can be present in women with no symptoms. A number of factors may contribute to the patient developing vaginal thrush.</p> <p>Evidence is limited, but these may include:</p> <ul style="list-style-type: none"> • Diet and emotional wellbeing • Tight fitting clothes • Medicines e.g. broad spectrum antibiotics, contraceptive pill or steroids • Female hygiene and sanitation • Irritants (bath products, soap powder or perfume) <p>Symptoms:</p> <ul style="list-style-type: none"> • Itching and soreness of the vulva and the vagina • Redness and swelling of the vaginal area • Vaginal discharge often thick white, cheese-like or sometimes colourless with no smell 	<ul style="list-style-type: none"> • Children under 16 or women over 60 • Pregnancy or breastfeeding • Post menopausal women • Immunocompromised • Diabetes mellitus • First time sufferers • Men • Recurrent infection (two or more episodes in the past 6 months) • Severe debilitating infection • History of STD or possible exposure, offensive smelling discharge • Coloured discharge other than colourless or white • Lower abdominal pain • Fever • Diarrhoea, nausea or vomiting • Dysuria • Appearance of blood in discharge • Irregular vaginal bleeding • Ulcers or blisters on the vagina or vulva • Treatment failure (7-14 days following treatment) • Patients taking steroids 	<ul style="list-style-type: none"> • Treat according to patient preference, as topical and oral products are equally effective. • Topical creams applied to the vulva should be considered in addition to intra-vaginal or oral treatment. • Advise to shower, wash or bathe immediately after taking exercise, and cool off as quickly as possible. <p>To reduce the impact of symptoms consider the following advice:</p> <ul style="list-style-type: none"> • Wear stockings instead of tights • Wear cotton underwear avoiding synthetic materials • Wear cool and loose fitting clothes avoiding tight fitting under garments • Avoid irritants e.g., excessive use of perfumed products or bath additives • As a general health precaution, always wipe the bottom from front to back after using the toilet and avoid vaginal intercourse after anal penetration • Male partners should be treated only if they have definitive infection 	<p>Clotrimazole 2% cream</p> <p>Clotrimazole 500mg pessary</p> <p>Clotrimazole 10 % vaginal cream</p> <p>Clotrimazole 10% vaginal cream + Clotrimazole 2% cream</p> <p>Fluconazole 150mg capsule</p>	<p>Apply thinly to the affected area 2-3 times a day for at least 14 days</p> <p>Insert one pessary using the applicator into vagina at night</p> <p>Insert the contents of the pre-filled applicator into the vagina, preferably at night</p> <p>Use as per directions for the creams as above</p> <p>Take the capsule as a single dose</p>	<p>These products may damage latex condoms & diaphragms</p> <p>Clotrimazole can be used during pregnancy, but only under the supervision of a physician or midwife.</p>

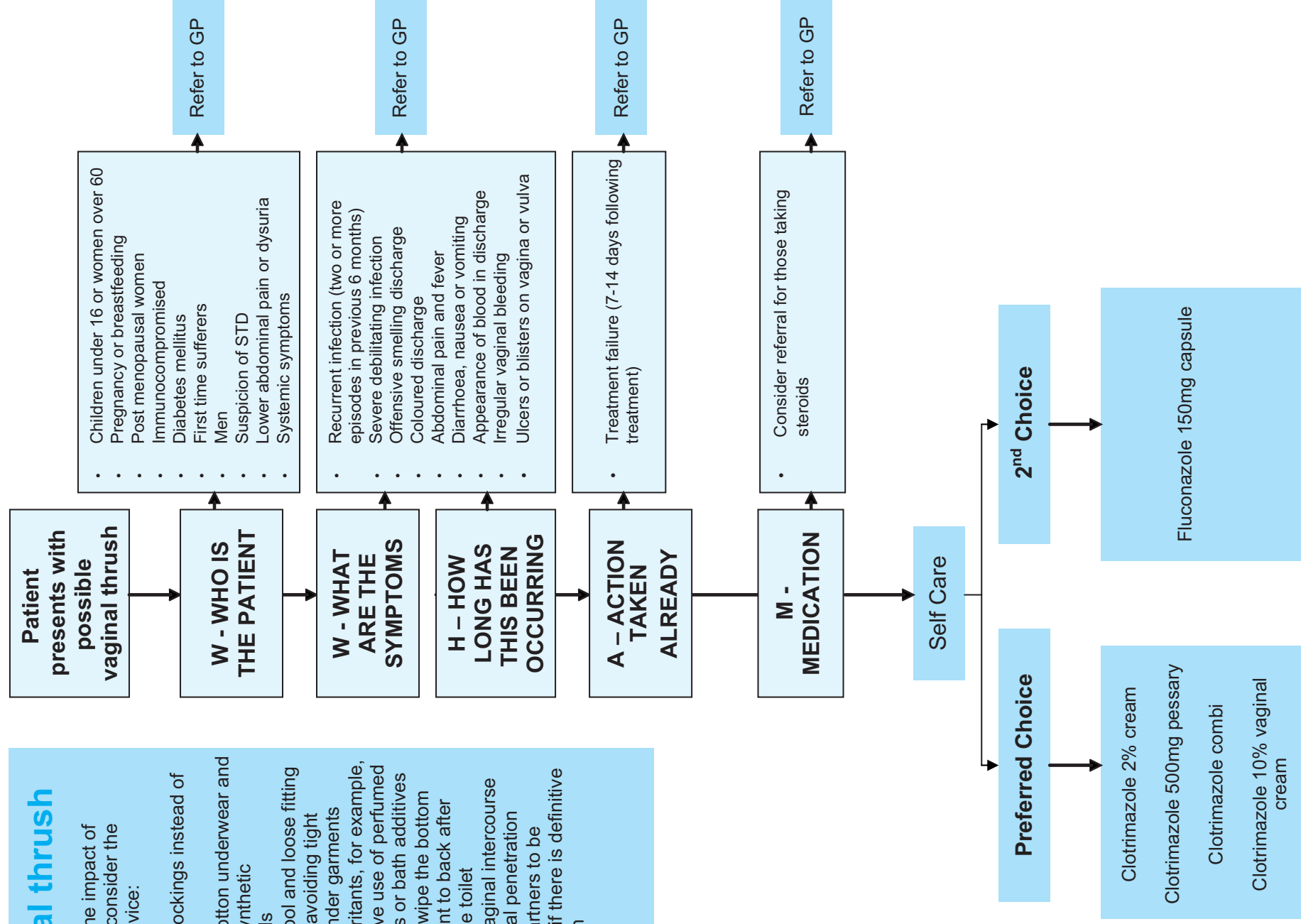


Minor Ailments Scheme Algorithms & Information Sheets

Vaginal thrush

To reduce the impact of symptoms, consider the following advice:

- Wear stockings instead of tights
- Wear cotton underwear and avoid synthetic materials
- Wear cool and loose fitting clothes avoiding tight fitting under garments
- Avoid irritants, for example, excessive use of perfumed products or bath additives
- Always wipe the bottom from front to back after using the toilet
- Avoid vaginal intercourse after anal penetration
- Male partners to be treated if there is definitive infection



Note: this protocol is intended for treatment of vaginal thrush in female patients – separate guidance will follow for males.