

How can I prevent it in the future?

- Wash your hands with soap before and after feedings and diaper changes.
- Try rinsing your nipples with plain water and let them air dry after feeds.
- Wash bras, cloth breast pads, and diapers in very hot water. Dry well in hot dryer or sunlight.
- Change breast pads with every feed.
- Wear a clean bra and clothing each day.
- Boil all items in contact with baby's mouth or mom's milk for 20 minutes once a day (such as bottle, bottle nipples, soothers/pacifiers, sippy cups, breast pump parts).
- If you are pumping breast milk, use this milk while you have the yeast infection. Do not save this milk for later. It could infect your baby again.



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For breastfeeding help:

- See Baby's Best Chance
or
- Contact your local Health Unit:

Health Units	
Abbotsford	604-864-3400
Agassiz	604-793-7160
Burnaby	604-918-7605
Chilliwack	604-702-4900
Delta - North	604-507-5400
Delta - South	604-952-3550
Hope	604-860-7630
Langley	604-539-2900
Maple Ridge	604-476-7000
Mission	604-814-5500
New Westminster	604-777-6740
Surrey – Cloverdale	604-575-5100
Surrey - Newton	604-529-2000
Surrey - North	604-587-7900
TriCities	604-949-7200
White Rock – South Surrey	604-542-4000

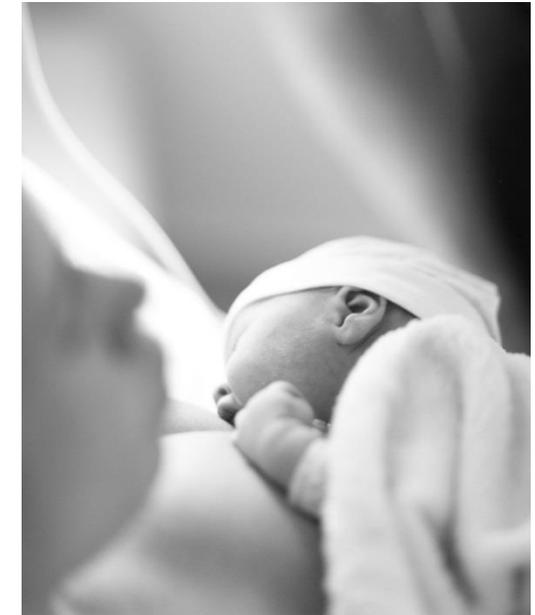
www.fraserhealth.ca

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Yeast/Thrush



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Information for Breastfeeding Mothers



What is Yeast/Thrush?

Yeast (Candida) is a fungus, which often lives in humans.

Too much yeast can lead to an infection. It can be seen in the baby's mouth (called 'thrush') and/or diaper area, or it can be seen on the mother's skin/nipples or vagina.

You are more likely to get a yeast infection if you have been taking antibiotics, have damaged nipples, or a past yeast infection. It is also more common in people with certain medical conditions such as diabetes.

Where can you get it?

Mom

- Skin/nipples may be itchy, flaky, shiny or red looking
- Sudden nipple soreness/pain may happen after several weeks of pain-free breastfeeding
- Burning/pain while breastfeeding may happen even when position and latch are good

* If possible, continue breastfeeding.

Baby

- Creamy white patches in the mouth (on gums, roof of mouth, lips or insides of cheeks).
Do not try to wipe the patches away, as area may become red and sore.
- Might be fussy at the breast because of a sore mouth.
- Could have diaper rash - red, rough, with well-marked edges or lacy pattern, and does not improve with a barrier cream (such as zinc oxide).

* A white tongue with no other symptoms is likely not thrush.

How is it treated?

You and baby must both be treated to prevent the infection being passed back and forth (unless the infection is only on baby's diaper area).

Yeast infections found in other areas of your body and/or your baby's body should also be treated at the same time.

You and baby should be seen by a doctor, midwife, or nurse practitioner to confirm that it is a yeast infection and treat it. Infections from bacteria can look and feel the same.

Mom

- Nystatin cream is typically the first choice in treating this. Other options include miconazole cream, clotrimazole cream, or oral fluconazole pills.
- Apply nystatin cream onto nipples/skin after all breastfeeds. No need to wash off before breastfeeding next time.
- Take acetaminophen and/or ibuprofen if needed for pain (They are safe for breastfeeding).
- Talk to your doctor, midwife, or nurse practitioner before starting any medication.
- If you are taking other medicines, check with your pharmacist about drug interactions & breastfeeding safety

Baby

- Nystatin liquid is usually the first treatment for thrush (yeast infection in the mouth).
Use a clean Q-tip to paint medication on all parts of baby's mouth (top and bottom of tongue, cheeks, gums, lips, and roof of mouth) as often as ordered.
Nystatin is safe when swallowed.
- If your baby has diaper rash from yeast, your doctor, midwife, or nurse practitioner might prescribe nystatin ointment.
If prescribed, apply nystatin ointment with each diaper change.