

Thrush

What is it?

This infection is also called monilia or candida. The organism is a yeast which is commonly found in the body without causing any problems. At times a woman may notice symptoms, particularly during pregnancy, or when she is on antibiotics or some other medication. Women who are diabetic or who have other illnesses may have recurring problems with thrush.

What are the symptoms?

Common symptoms of thrush can include itchiness, burning, soreness, a thick white or yellow discharge, discomfort during intercourse and pain when urinating. Sometimes men may also notice irritation and redness of the penis after sex if their partner has thrush, but it is not transmitted through intercourse.

Thrush is diagnosed by examination and confirmed by taking swabs. It may also be detected on a routine Pap smear.

How is it managed?

Thrush does not have to be treated if it is not bothering you. Some women find their symptoms can be relieved by sitting in a warm salty bath or by using cold compresses.

If you are certain that thrush is the cause of your symptoms, antifungal vaginal creams and pessaries are available over the counter at pharmacies. If you are finding that thrush is a frequent problem it is advisable to visit your doctor or FPWA clinic. Your doctor will examine you to confirm that thrush is the cause of your symptoms and may prescribe other treatments such as oral antifungal tablets. The doctor may take this opportunity to rule out the possibility of sexually transmissible infections, which can also cause irritation.

Putting yogurt on an irritated vulva will not get rid of the infection.

Many women assume that any vaginal or vulval irritation is due to thrush. There are other conditions that can cause itching and soreness, such as eczema (dermatitis). If you have genital itching or soreness that persists after simple treatments, see your doctor.

Practising safe sex reduces the risk of contracting HIV and other sexually transmissible infections (STIs).



70 Roe Street, PO Box 141, Northbridge, WA, 6865

ph: (08) 9227 6177 fax: (08) 9227 6871

www.fpwa-health.org.au

info@fpwa-health.org.au

Sexual Health Helpline (08) 92276178 or 1800 198 205 (Country Callers)

sexhelp@fpwa-health.org.au

Quarry Health Centre for under 25s

7 Quarry Street, PO Box 378, Fremantle, WA, 6959

ph: (08) 9430 4544 fax: (08) 9430 4544

quarry@fpwa-health.org.au