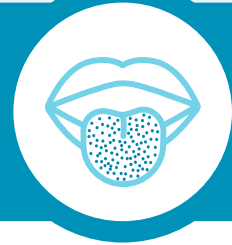


# Oral Thrush



Oral thrush is a fungal infection. It is common in babies and older people with dentures. It affects the mouth and throat areas.

## Symptoms include:

- Pain inside the mouth
- Unpleasant taste in mouth
- Lack of taste
- Cracks at the corners of the mouth
- Difficulty eating and swallowing

## Self-care advice

- Miconazole gel. Use after food or drink and hold in the mouth for as long as possible. Continue treatment for two days after clearance.
- The mother of breastfed infants should also be treated
- Sterilise bottles and dummies
- Clean dentures and remove before treatment
- Brush teeth twice a day, brush gums and tongue with a soft toothbrush
- Rinse mouth after taking medications. Some asthma inhalers can increase the chance of oral thrush

## Signposting

- Breastfeeding support such as The Breastfeeding Network
- Pharmacy First Scotland - Miconazole oral gel
- Pharmacy First Northern Ireland - Miconazole oral gel
- Common Ailment Service Wales - Miconazole oral gel/ nystatin liquid

## Red flag symptoms

- Baby who is not feeding
- Difficulty or pain when swallowing

## Onward referrals

- No improvement after one week of treatment
- Pain in the breast for breast feeding mothers
- Immunosuppressed individuals such as diabetics.

The information provided is correct at the time of publication, any information provided should be under the supervision of the Responsible Pharmacist. We hold no responsibility for any decisions made using this information.

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