

# Vaginal Thrush



Thrush is a common yeast infection. It's usually harmless but it can be uncomfortable and may keep coming back.

## Symptoms include:

- Vaginal discharge
- Itching and irritation around the vagina
- Soreness and stinging when urinating and during intercourse

## Self-care advice

- Use topical preparations such as pessaries and creams
- Oral preparations such as fluconazole capsules
- Keep the affected skin areas clean
- Avoid irritant products such as soaps, bubble baths and shower gels
- Avoid tight fitting clothing which may irritate the area. Wear loose fitting clothing allowing skin to breathe.
- Iron or tumble-dry underwear to help kill any fungal spores.

## Signposting

- Pharmacy First Scotland – Clotrimazole creams or pessaries/ fluconazole capsules
- Pharmacy First Northern Ireland – Clotrimazole creams or pessaries/ fluconazole capsules
- Common Ailment Service Wales – Clotrimazole creams or pessaries

## Red flag symptoms

- Under 16 or over 60 years old
- Male
- Thrush for the first time
- Irregular or abnormal vaginal bleeding
- Pregnant or breastfeeding
- Dysuria – pain or burning when urinating
- Lower abdominal pain
- Diarrhoea
- Nausea and vomiting
- Foul smelling vaginal discharge

## Onward referrals

- Reoccurring thrush (more than two infections within 6 months)
- Weakened immune system such as diabetes
- Genital ulcers or skin conditions affecting the genitals
- Patient's taking tacrolimus or sirolimus

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.

Sept 2024 Version 1