

# Yeast Infections

A yeast infection is a common condition caused by an overgrowth of yeast, usually *Candida*. Yeast naturally lives in and on our bodies, but sometimes it can overgrow, leading to irritation, itching, redness, swelling, and sometimes a thick white discharge, especially in warm, moist areas like the mouth, skin folds, or genitals. It is not dangerous, and is usually easy to treat but it can be uncomfortable.

Drugs, such as antibiotics and steroids, can increase your risk of a yeast infection. You also have a higher risk if you are pregnant, have diabetes, douche, or wear tight clothes.



## What to Expect

Itching and irritation, redness, swelling, white discharge, burning sensation, dry, cracked, or sore skin, white patches in mouth or throat.



## When to Get Help

### See a pharmacist, or call 8-1-1 (7-1-1 for the hearing impaired) if:

- You have questions about your medication or condition.
- You need to refill or renew your medication.

### See your health care provider, go to a walk-in clinic or call 8-1-1 (7-1-1 for the hearing impaired) if:

- You do not improve in 1 week.
- You develop new symptoms like bleeding or discharge changes.
- The condition returns after treatment has finished.
- You have questions or need more information.

### Go to the nearest Emergency Department or Urgent Care if:

- Worsening pain or swelling, fever or chills, change in the discharge, or blistering in the skin.

### To Learn More:

- HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hearing impaired) or go online to [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

### Recommended Follow-Up

- Follow up in \_\_\_ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

\_\_\_\_\_

\_\_\_\_\_



## How to Care for Yourself at Home

### Medication

Several medications are available in BC as over the counter products that your pharmacist can recommend without a prescription.



- **Vaginal Infections:** Over the counter creams and suppositories such as Clotrimazole (Canesten Vaginal, generics) or Miconazole (Monistat generics). Alternatively, oral fluconazole (Diflucan, Diflucan One, Canesoral).
- **Oral Thrush:** Nystatin mouthwash or lozenge, fluconazole tablet, itraconazole (ask your pharmacist).
- **Skin Infections:** Topical creams including clotrimazole, miconazole, or ketoconazole.

Recurrent infections may require stronger medications which are prescribed by a doctor.

### Diet

No dietary restrictions apply to this condition.



### Activity

Avoid tight or restrictive clothing, exercise that causes intense sweating, or other situations that may increase discomfort. Continue to wash the affected area with gentle unscented soap products but only once a day.



- If possible, air dry
- If possible, wear cotton underwear
- Ice or cool packs can help with the itchiness.
- Do not douche or use scented products on the vulva.

### REFERENCES

<https://www.healthlinkbc.ca/illnesses-conditions/infectious-diseases/vaginal-yeast-infections>

Find this information sheet on the ECBC website:

[https://emergencycarebc.ca/clinical\\_resource/patient-information-sheet/vaginal-yeast-infection/](https://emergencycarebc.ca/clinical_resource/patient-information-sheet/vaginal-yeast-infection/)

### Notes:

### Additional Information

HealthLink BC: Vaginal Yeast Infections.

<https://www.healthlinkbc.ca/illnesses-conditions/infectious-diseases/vaginal-yeast-infections>

Vaginal Yeast Infections: Office on Women's Health (US):

<https://womenshealth.gov/a-z-topics/vaginal-yeast-infections>

### Tell Us What You Think!

Have feedback about this document? Use the form at: [bit.ly/pdsfeedback](http://bit.ly/pdsfeedback)

