

## What are the symptoms?

- Thick, white curd-like vaginal discharge
- Vaginal itching
- Mild vaginal irritation
- Painful intercourse
- External burning when urinating
- Redness, swelling of vulvar skin

## What causes Yeast Vaginitis?

- It is an infection caused by a fungus called candida.
- The growth of yeast may be promoted by any condition that changes the balance of the vaginal flora (microbiota).
- Some predisposing factors may be:

Antibiotics and steroids	HIV infection (rare)	Diabetes (rare)
Stress	Hormonal contraceptives	Pregnancy
- Yeast overgrowth may also be precipitated by contamination of the vagina from the bowel tract where candida is normally present. It is important to wipe with toilet tissue from front to back.

## How do I feel better?

- Many yeast remedies are available without a prescription (i.e., clotrimazole or miconazole). If you have a strong suspicion that you have a yeast infection because of past experience with a diagnosed yeast infection, and there has been no change in your sexual history (i.e., no new partner, no unprotected genital contact), you may elect to first try a course of over-the-counter anti-yeast treatment. If chance of pregnancy, use a 7-day course not 1- or 3-day treatment.
- Symptoms will usually abate within a few days, but a full course of treatment, usually a minimum of 3-5 days, is recommended to reduce the chance of recurrence.
- Oral fluconazole (Diflucan®), available only by prescription, has also been shown to be effective in treating symptomatic yeast.
- When a yeast infection is present, it is usually more comfortable to wear cotton underwear and loose pants or a skirt; this allows for greater air circulation.
- Recurrent yeast infection or itch should be discussed with your provider, as lab tests may be in order and preventative measures may be considered.
- Be sure to use any vaginal creams or suppositories for the full course recommended. If your menstrual period interrupts the course of medicine, use pads rather than tampons.

## Seek further medical treatment if:

- If your symptoms do not go away within one week, you should then call the Student Health Center for an exam. Be sure you have not used any vaginal creams for at least 24 hours before you come in for an exam.
- If your symptoms do not resolve after treatment with a non-prescription yeast medication.
- If your symptoms worsen at any time - fever, abdominal pain, foul smelling vaginal discharge and /or unusual vaginal bleeding as these are possible signs of a potentially serious infection.
- To make the diagnosis of infection easier for the clinician, it is important that you do not douche or use any treatments within 48 hours or have intercourse 24 hours preceding your examination.



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