Vaginal Yeast Infection

* Yeast infections are caused by an overgrowth of yeast in the vagina.
* Yeast infections can be treated with over-the-counter medications.
* Many yeast infections can be treated without seeing a medical provider.

Symptoms:

* Vaginal Itching, burning, swelling
* Vaginal discharge (thick white vaginal discharge that looks like cottage cheese and does not have a bad smell)
* May have pain during sex
* May be worse the week before your period

Self-care measures:

* Use an over-the-counter medication for vaginal yeast infections. These antifungal medications should contain butoconazole, clotrimazole, miconazole, or tioconazole and should be used for 3-7 days. Follow directions on medication insert.

Note: Over-the-counter medications are available at the University Health Center Pharmacy (first floor of Student Success Center), local pharmacies, grocery stores and superstores (examples - Walmart or

Target).

* Change tampons, pads and panty liners often
* Do wear underwear with a cotton crotch
* Apply a cool compress to labia for comfort
* Do not douche or use vaginal sprays
* Do not wear tight underwear and do not wear underwear to sleep
* Avoid hot tubs

Limit spread to others:

* It is possible to spread yeast infections to your partner(s) during vaginal, oral or anal sex.
  + If your partner is a male, the risk is low. Some men get an itchy rash on their penis.
    - If this happens have your partner see a medical provider.
  + If your partner is a female, you may spread the yeast infection to her.
    - She should be treated if she has symptoms using the above guidelines.
* Clean sex toys between each use following manufacturer guidelines

When to seek care from a medical provider:

* If this is the first time you have had symptoms of a yeast infection
* If you are concerned about sexually transmitted infections
* You have strong or foul odor
* You have painful sores
* You have symptoms of a bladder infection (including pain when you urinate, are urinating frequently and/or have blood in your urine)
* No improvement in symptoms one week after treatment with over-the-counter medication