

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