

Thrush

What is it?

Thrush is caused by too much yeast in the vagina. It is also called candida albicans.

You may have a thick, white discharge, an itchy vagina, soreness or splits in the skin. It can also cause a burning feeling when having sex or passing urine.

Thrush affects 75 per cent of women at least once in their life.

What will my GP do now?

Your doctor may ask about your symptoms and medical history. They may examine you and take a swab from your vagina. This will be sent to a lab for testing.

What questions could I ask my doctor?

- ☐ *What can I do to prevent it from returning?*
- ☐ *How might this affect my daily activities?*
- ☐ *Is there anything I should avoid?*



What will my GP do in the future?

Your doctor may ask you to use a special cream or a tablet that goes into your vagina. It can take one to six days for the cream to work. If you still have thrush after that time you may need a second course of treatment.

If it keeps coming back, you may have to make some lifestyle changes. This may mean taking a tablet for six months or changing your brand of the pill. You may need to take a low dose of hormone treatment.

What can I do?

There are things you can do to stop thrush from coming back. Avoid using soap, wet wipes, douches, bubble bath or cleansing products in that area.

If you get thrush after taking medicine, talk with your doctor about whether you need it. Plan to take thrush treatment at the first sign of symptoms.

What supports are available?

You may find a women's centre near you by going on the **Women's Health Centres NSW** page- whnsw.asn.au

Where can I learn more?

- **Australia and New Zealand Vulvovaginal Society** – Understanding Thrush: anzvs.org
- **Jean Hailes** – Vulva and vaginal conditions. Learn more: jeanhailes.org.au
- **StaySTIFree** – Thrush. Fact sheets available in different languages: staystifree.org.au
- **Healthdirect** – Vaginal Thrush. Learn more: healthdirect.gov.au