

## Thrush (Candidiasis)

Sore nipples may be caused by a yeast, *Candida albicans*, also called thrush. This fungal infection is common in infants and may appear as white patches in the baby's mouth. The mother may have red, sore nipples that burn or sting throughout the nursing. Since the infection can be passed between infants and mothers, both mother and baby need treatment.

For Mother:

- Use a light film of antifungal cream on your nipples 3 to 4 times a day for 14 days. Wipe it off before feeding.
- Air-dry your nipples after each feeding.
- Use a fresh bra liner after each feeding throughout the entire treatment period.
- Wash bras, nightclothes, sheets, towels, and washcloths in hot water throughout the entire treatment period.
- Wash your hands carefully after changing the infant's diapers and after using the bathroom.
- When bathing, use a different washcloth for cleaning the genital area.
- Eating yogurt with live and active cultures daily may help prevent vaginal yeast infections.

For Baby:

- Breastmilk expressed during a thrush infection should not be saved and frozen for use at a later time. Freezing deactivates, but does not kill, yeast in collected breastmilk. Therefore, using this milk later may cause your baby to get infected again.
- The oral medication prescribed by your baby's health care provider should be used for times a day (after feeding) for 7 to 14 days.
- Use your finger, gauze, or a cotton-tipped swab to apply the medicine well onto the inside of your baby's mouth (cheeks, gums and tongue).



- Boil breast pump parts, pacifiers and artificial nipples.
- Your baby may get a bright red diaper rash that will also need treatment.

If you or your baby do not get better or if you have more questions, contact your health care provider.

