



THRUSH

TREATING AND AVOIDING RECURRENT THRUSH

WHAT IS THRUSH?

Thrush is a fungal infection that can cause pain while breastfeeding for mother and baby.

It is caused by an overgrowth of organisms such as *Candida Albicans*. These organisms love warmth moisture and sugar.

You and your baby are more likely to get thrush if you have recently taken antibiotics, have nipple damage, are prone to vaginal thrush, are run down or stressed or if you have diabetes. Thrush spreads easily and spores can linger, causing re-infection.

SYMPTOMS:

Mother:	Red, raw, burning or itchy nipples Nipple pain during and after feeds Shooting pains in your breast Persistent deep breast pain
Baby:	White spots on gums and cheeks Red, sore, rash on bottom Fussy during feeds

TREATMENT:

You will need to see your midwife or GP for a prescription for both you and baby. You will both need treatment at the same time to prevent re-infecting each other.

Medication: You will be given an antifungal cream to apply to your nipples after each feed for 10 days. Your baby will also need a liquid antifungal such as Nystatin.

Clothing: Thrush can live in breast-pads, bras, nappies etc. Change breast-pads and nappies more frequently if using disposable ones. Wash all re-usable pads and nappies with ½-1 cup of white vinegar on a hot wash and hang in the sun to dry.

TREATMENT: CONT.

Dummies/Teats/Bottles/Toys: Thrush can also live on surfaces. Wash all items that come into contact with breastmilk or baby's mouth in hot soapy water, then soak for an hour in a sink with ½ cup white vinegar. Rinse well and dry.

Diet: Reduce or eliminate your intake of sugar and carbohydrates that are converted into sugar. These include yeasty or sugary foods such as bread, wheat, alcohol, mushrooms, fruit juices, artificial sweeteners, cheese and any fermented food products.

Supplements:

Probiotics: 1 cap/day for you.

1 cap every 3 days for baby, mix with 5ml breastmilk or dip a clean finger in breastmilk and then powder and feed to baby.

Garlic: Triple strength deodorized garlic (3 tablets 3x/day for at least 2weeks).

Immune System boosters: Vitamin B complex, Zinc, Vitamin C

AVOID:

Expressing and storing milk: Freezing does not kill thrush so re-infection is possible when you use defrosted milk containing thrush.

Giving your baby formula: Research shows that bottle-fed babies are twice as likely to get thrush as the sugars in it are processed and it contains more iron which encourages thrush growth. Breastmilk contains thrush killing properties.

RECURRENT THRUSH

If none of the treatments above are successful in clearing the thrush infection or the infections occur frequently you may need to see your GP and consider the use of an oral antifungal.

It may take time, patience and persistence to eliminate a thrush infection. Please see a lactation consultant if your symptoms are ongoing.