

# Thrush/Candidiasis

## What is it?

Thrush is also called candidiasis. It isn't a sexually transmitted infection (STI). It is caused by the vagina making too much natural yeast.

## How do I know if I have it?

There may be discharge from your vagina that is thick and white. Your vagina might also be red, swollen and itchy.

Thrush under the foreskin and on top of the penis. It can be an itchy rash or swollen or red.

## How did I get it?

Thrush is not a sexually transmitted infection (STI) but sex can change the amount of yeast under your foreskin or in the vagina. When there is too much yeast, you can get thrush. Some people get thrush when they take antibiotics because of a change in the natural balance of yeast.

## How is it prevented? / How can I make sure I don't get it?

You can stop thrush developing or coming back if you rinse and dry under the foreskin daily and after sex. Avoid perfumed cleansing products. For example soaps, gels, sanitary perfumes, bubble baths and bath salts when washing. Wear looser fitting, cooler clothing and choose clothes made of cotton or natural fibres. Use condoms.

If you have got thrush after taking antibiotics could consider taking thrush treatment any time you get an antibiotic prescription.

## How can the nurse/ Doctor tell me if I have it?

Most thrush can be diagnosed by taking a swab from the affected area.

## How can I get rid of it?

If you have symptoms you can use different creams or tablets to help. You can buy these over the counter at the chemist without seeing a doctor. If you have tried these treatments for thrush and it won't go away, you should go and see a doctor.

## Who do I need to tell and why?

You do not need to tell your partners that you have thrush. You may want to abstain from sex until you have finished the course of treatment or your symptoms have gone.

This fact sheet is just some general information. If you are worried about your health go and see a doctor.