



Royal Berkshire
NHS Foundation Trust

Vaginal health: Thrush

Information for patients

This leaflet gives information about Vaginal Candidiasis, often called 'thrush'.

The vagina is actually very good at taking care of itself – if left to its own devices! It contains a healthy population of bacteria (called *Lactobacilli*) that keep the environment slightly acidic. Some things can disrupt this normal healthy balance – common causes include antibiotics, over-washing, douching (washing inside the vagina) or the use of strong soaps, shower gels and vaginal deodorants

It is normal for women to have a variable amount of vaginal discharge, which is usually white or clear. This may increase just before a period or during pregnancy.

What causes thrush?

This is caused by a yeast that 10% of all women carry in the vagina. Most of the time it causes no problems but under certain conditions the yeast multiplies in the vagina and causes symptoms.

What are the symptoms?

These include: itching, burning, soreness and occasionally swelling around the vulval area, vaginal discharge (sometimes).

What is the treatment?

You can have treatment with pessaries (tablets in the vagina) or a tablet by mouth. You can also buy treatment from a chemist who can also advise you on different treatment options. If your partner has soreness or redness on his penis, he can use a cream to treat thrush.

Can I help to prevent thrush?

A good way to prevent thrush is to try and avoid anything that upsets the natural balance of bacteria in the vagina. This includes avoiding:

- Douching (washing inside the vagina).
- Frequent washing or bathing.
- Bubble baths, scented soaps, antiseptics such as Dettol and other feminine washes.

We recommend using a soap substitute such as aqueous cream for the genital area (available from any pharmacy).

References

British Association of Sexual Health and HIV (BASHH) – guidelines for treatment 2007.

If you would like any further information on any Sexually Transmitted Infections (STI's) or to find out how you can reduce your risks, please ask to speak a Health Advisor whilst you are in the clinic. Alternatively you can phone them on 0118 322 7202.

Contraception (25s and under) & Sexual Health (all ages) Drop-in Clinics – no appointment needed

Department of Sexual Health
Florey and Contraceptive Services
21A Craven Road
Reading RG1 5LE
Tel: 0118 322 7202
www.royalberkshire.nhs.uk/sexualhealth

www.safesex.berkshire.nhs.uk

Except for public holidays, the clinic is open:

Monday to Friday 7am – 7pm.

Saturday 9.30 am – 11.30 am.

The clinic is closed on Wednesday between 11am-1pm for staff training.

Newbury Sexual Health
Clinic
West Berkshire Community
Hospital
Benham Hill
Thatcham RG18 3AS
9.30am – 11.30am on
Saturdays (excluding public
holidays)



We will endeavour to see everyone. However, if between 6pm and 7pm attendance is high, we may ask you to return the next day.

This document can be made available in other languages and formats upon request.

Dept. of Sexual Health, September 2018
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