



Treatment for Thrush

1. Follow provider's treatment recommendations.
2. Wash hands before each breastfeeding and after each diaper change.
3. Use a clean shower towel at each bath/shower.
4. Use paper towels in the bathroom/kitchen during treatment to prevent reinfection.
5. Wear a clean, newly washed bra each day.
6. Use breast shells where indicated to keep bra from sticking to nipples.
7. Disposable nursing pads should be used and discarded after each feeding.
8. Keep nipple and areola dry.
9. Expose nipple and areola to air as much as possible.
10. If a breast pump is used, all parts that touch the milk should be boiled every day. Milk expressed during an outbreak may be fed to the baby. Expressed milk should not be frozen for future use.
11. Anything going into the baby's mouth including pacifiers, bottle nipples and/or teething toys should be boiled daily or put through the dishwasher.

Other self treatment options:

- Vinegar or baking soda rinses

Yeast can not survive in a strongly acidic or basic environment.

A solution of 1 tablespoon white vinegar in 8 oz. of boiled cool water, or 1 teaspoon of baking soda in 8oz. of boiled cool water can be applied to the nipples frequently, using a clean cotton ball with each application. The solutions may also be used to soak the nipple/areola for several minutes.

- **Acidophilus** and "Pro-biotic" Supplements

These can be used as adjunct therapy the dosage is two capsules three times a day.

- **Dietary Changes**

It may be helpful to limit or eliminate sugars, processed foods and dairy products during treatment and for 1-2 weeks after symptoms are resolved.

- **Grapefruit seed extract:** 250 mg capsules may be taken orally three times a day.

Comfort Measures/Symptom Relief:

- Mothers may take ibuprofen for pain.
- An electric breast pump may be used instead of breast feeding if the mother finds this less painful.
- Mothers may also apply small amounts of **1% hydrocortisone** cream to nipples 4 times per day after feeding, for up to ten days. This does not need to be washed off before putting baby to breast.
- Motherlove diaper rash/thrush cream.