

Thrush

Date: _____

Common Maternal Symptoms:

- Sore nipples
- Cracked nipples
- Burning nipples
- Itching nipples
- Inflamed red nipples
- Dry or flakey appearance to skin of nipple or areola
- Deep shooting breast pain with nursing/pumping or immediately following nursing/pumping
- Maternal antibiotics within the last 6 weeks
- Maternal Diabetes
- Maternal use of oral contraceptives or long-term use of steroids

Common Infant Symptoms:

- Refusal to breastfeed
- Long term diaper rash
- White tacky patches in mouth (tongue, under upper lip, gums, and cheeks)

Suggestions for care:

- Diligent handwashing before nursing and pumping and use of a paper towel to dry hands
- Cleanse breast daily with soap and water
- Frequently wash bath towels, wash clothes, and change tooth brushes
- Sterilize infant feeding supplies, pacifiers, and pump parts at least once a day
- Wash all nursing bras in hot soapy water and dry in dryer or outside to line dry in the sun
- Use disposable nursing pads and change as soon as they are soiled or if using cloth nursing pads wash in hot soapy water daily and dry in the dryer
- Speak with your physician about prescription* treatments- preferable that both mother and baby are treated simultaneously if breastfeeding
 - Maternal options:
 - APNO
 - Take daily probiotic (refrigerated probiotics seem to be the most effective)
 - Vinegar rinses to nipples after nursing or pumping (1 tbsp of white vinegar in 1 cup of water)
 - Grapefruit seed extract (dilute 5-15 drops in 30 mL of water, apply to tips with cotton ball or q-tip) OR Grapefruit seed extract orally 250 mg 3 times per day

- Lotrisone to breast after nursing or pumping
- Gentian violet
 - Can be very messy- wear old clothing
 - Paint the mother's nipples and areola 1-2 times per day for 3 days
 - Use 0.5% solution
- Fluconazole (Diflucan)*
- Nystatin cream to breast after each nursing or pumping session*
