

VAGINAL YEAST INFECTION

Name: <i>Bethany Ware</i> Date: <i>09/23/2016</i>	The Nurse Practitioner I saw today Carol Stewart, CRNP Darlene Pierce, CRNP Ramona Lazenby, CRNP
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What Is a Yeast Infection?	What Causes a Yeast Infection?
Yeast is a fungus that is present in the vagina. It usually does not cause any problems. Sometimes the natural balance in the vagina can change. This causes the yeast to grow and then you have a yeast infection.	➔ Taking antibiotics ➔ Douching ➔ Feminine deodorant sprays and powders ➔ Birth control pills

What Are the Symptoms?	What Medicine Do I Need?
✕ Itching ✕ Burning ✕ White discharge (like cottage cheese) ✕ Red rash near vagina	Diflucan (Fluconazole) 150mg 1 tablet, take 1 time OVER THE COUNTER MEDICINES: <u>Monistat</u>: 1 day, 3 day <u>OR</u> 7 day <u>Gyne-Lotrimin</u>: 1 day, 3 day <u>OR</u> 7 day <u>USE AS DIRECTED ON PACKAGE!</u>

What Else Can I Do?	
<u>To feel better:</u> — Take a soothing bath: Fill tub with 4 inches of warm water. Mix in: ½ cup salt <u>OR</u> ½ cup vinegar. Soak with knees apart until water is cool. — Don't scratch! Don't douche! — Keep vaginal area <u>clean and dry</u> - wash with water twice a day	<u>To keep from getting another infection:</u> — Wear cotton panties and cotton-lined panty hose — Don't use feminine deodorant sprays or powders — Use unscented soaps and toilet tissue — Wear loose clothing

WARNING!!! It May Not Be Yeast...	Remember...
Seek medical help: ➔ if symptoms do not go away after treatment. ➔ if discharge has a bad odor & is milky or foamy ➔ if you have low stomach pain or fever	1. Use medicine <u>only as instructed</u> 2. Wear cotton panties 3. Don't douche!

Do I need a follow-up appointment?

Date: _____ Time: _____

AUM Nursing Care Center (Patients seen from 9:00 am to 4:30 pm, Monday - Friday) Phone # 244-3281