

VAGINAL YEAST INFECTION

Name: <u>Jong Ye</u> Date: <u>10/04/2016</u>	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 — Don't scratch! Don't douche — Keep vaginal area clean water	<u>To keep from getting another infection:</u> — Wear cotton panties and cotton-lined panty hose — Don't use feminine deodorant sprays or

Carol Stewart, C.R.N.P.
 Lic. #1-045437
 Rx: 1178

AUBURN MONTGOMERY
 STUDENT HEALTH CENTER
 P. O. Box 244023
 Montgomery, AL 36124-4023
 (334) 244-3281

Ramona Lazenby, C.R.N.P.
 Lic. #1-039092
 Rx: 0703
 Maryluz Fuentes, M.D.
 (334) 244-4322
 DEA #BF 6451520
 AL #24127

WARNING!!! It May	Seek medical help: ➔ if symptoms do not go away ➔ if discharge has a bad odor ➔ if you have low stomach pain Name: <u>Jong Ye</u> Date: <u>10/04/2016</u> Address: _____ R <u>Diflucan 150mg</u> <u>sig: T po now</u> M.D. or C.R.N.P.
Do I need a follow-up appointment? Date: _____ AUM Nursing Care Center (Patients see)	Label all prescriptions Product Selection Permitted Refill: <u>1</u> 2 3 5 PRN NR Dispense As Written