

VAGINAL YEAST INFECTION

Name: Tong Ye

Date: 11/8/2016

The Nurse Practitioner I saw today

Carol Stewart, CRNP

Darlene Pierce, CRNP

Ramona Lazenby, CRNP

What Is 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.

What Causes a Yeast Infection?

- ➔ Taking antibiotics
- ➔ Douching
- ➔ Feminine deodorant sprays and powders
- ➔ Birth control pills

What Are the Symptoms?

- × Itching
- × Burning
- × White discharge (like cottage cheese)
- × Red rash near vagina

What Medicine Do I Need?

Diflucan (Fluconazole) 150mg
1 tablet, take 1 time

OVER THE COUNTER MEDICINES:

Monistat: 1 day, 3 day OR 7 day

Gyne-Lotrimin: 1 day, 3 day OR 7 day

USE AS DIRECTED ON PACKAGE!

What Else Can I Do?

To feel better:

- Take a soothing bath:
Fill tub with 4 inches of warm water.
Mix in: ½ cup salt OR ½ cup vinegar.
Soak with knees apart until water is cool
- Don't scratch! Don't douche
- Keep vaginal area clean
water

To keep from getting another infection:

- Wear cotton panties and cotton-lined panty hose
- Don't use feminine deodorant sprays or

WARNING!!! It May

Seek medical help:

- ➔ if symptoms do not go away
- ➔ if discharge has a bad odor
- ➔ if you have low stomach pain

Do I need a follow-up appointment

Date: _____

AUM Nursing Care Center (Patients seen

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Name

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Rx

Fluconazole 150mg

2

sig: 1 po today then repeat
x1 in 3 days

Product Selection Permitted

Label all prescriptions

Refill: 1 2 3 5 PRN NR

Dispense As Written