

VAGINAL YEAST INFECTION

Name: *Ashantis Nettles*

Date: *3/22/16*

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 water
Mix in: ½ cup salt OR ½ cup Epsom salt
Soak with knees apart
- Don't scratch! Don't douche
- Keep vaginal area clean and dry

To keep from getting another infection:

- Wear cotton panties and cotton-lined panty hose

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 see)

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

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Ramona Lazenby, C.R.N.P.
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Maryluz Fuentes, M.D.
(334) 286-2390
DEA #BF 6451520
AL #24127

Name: *Ashantis Nettles* Date: *3-22-16*

Address: _____

Rx

Fluconazole 150mg
#1

2-7-00 X1

Carol Stewart, M.D. or C.R.N.P.
Product Selection Permitted

Label all prescriptions

Refill: 1 2 3 5 PRN NR

Dispense As Written

M.D. or C.R.N.P.