

Name: *Ashantis Nettles*Date: *11/09/2016*

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 & dry
water to

To keep from getting another infection:

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

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

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

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Ramona Lazenby, C.R.N.P.
Lic. #1-039092
Rx: 0703

Maryluz Fuentes, M.D.
(334) 244-4322
DEA #BF 6451520
AL #24127

Name

Ashantis Nettles

Date

11/09/2016

Address

Rx Diflucan 150mg
813-1 PD now
disp: #1

Product Selection Permitted

Label all prescriptions

Refill: 1 2 3 5 PRN (NR)

Dispense As Written

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