

VAGINAL YEAST INFECTION

Name: Benantia Nettles

Date: 9-22-16

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 warm water
- Mix in: ½ cup salt OR 1/2
- Soak with kne-

To keep

no other infection:

and cotton-lined panty

deodorant sprays or

and toilet tissue

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) 286-2390
DEA #BF 6451520
AL #24127

Name

Address

R

#1

Product Selection Permitted

Dispense As Written

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

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

Label all prescriptions

1 2 3 5 PRN NR