

*Thrush is type of yeast that exists naturally in women and men. It is not a sexually transmissible infection. At times, the yeast overgrows and causes symptoms.*

## Thrush/Candidiasis

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### What is Thrush/Candidiasis

Thrush is the common name for Candidiasis. It is a condition caused by an overgrowth of natural yeast. Many women have thrush at some point and for some women it can be an ongoing problem.

### What are the symptoms?

For women:

- A change in vaginal discharge. It may have a slight yeasty smell and appear thick and yellow or white.
- The skin around the vagina may become red, inflamed, itchy and swollen. This may extend to around the anus.

Men can also develop thrush under the foreskin and on the head of the penis, which can appear as an itchy rash or redness with swelling.

### How is it transmitted?

Thrush is not a sexually transmissible infection but sex can affect the normal yeast balance of the vagina or penis.

### How is it prevented?

Some of the suggestions below can help to stop thrush developing or recurring:

- if antibiotics have been a trigger for you before, ask for a thrush treatment with any antibiotic prescription
- rinse and dry under the foreskin daily and after sex
- avoid perfumed soaps, gels, sanitary perfumes, bubble baths and bath salts when washing
- wear looser fitting, cooler clothing and choose clothes made of cotton or natural fibres

Go for a regular sexually transmissible infection (STI) check-up to find infections before complications develop and to prevent transmission to others. Always use condoms.

Using condoms and water based lubricant can significantly reduce the risk of other sexually transmissible infections.

### How is it diagnosed?

Most thrush can be diagnosed by a simple genital examination. A swab from the affected area can also be taken and tested in a laboratory.

### How is it treated?

Most symptoms can be relieved with vaginal/skin anti-fungal creams, pessaries (tablets which are inserted into the vagina) or tablets you swallow that can be bought over the counter at a chemist. If you have treated yourself for thrush and it doesn't get better, visit your doctor.

The information in this fact sheet is general and you should see a doctor if you are worried about your health.

### Contact

NSW Sexual Health Infoline freecall **1800 451 624**.