
▶ **What is a yeast infection?**

Vaginal yeast is a common fungus that is normal in small amounts. If it grows too much, it can cause itching and burning. Men can develop the infection too, but may not have symptoms

▶ **How can I tell if I have a yeast infection?**

- Women often notice:
- a thick, white, clumpy, cottage cheese-like discharge from the vagina
- pain when you have sex
- pain when peeing
- itching, burning, sore, red labia (vaginal lips)
- Men might notice:
- redness, itching, swelling or dry flaky skin on the tip of the penis or under the foreskin
- pain when peeing
- usually no symptoms

▶ **Is there a test for yeast?**

Your health care provider can examine you. For women a swab is taken of the vaginal discharge. Men aren't usually tested unless they show symptoms

▶ **How is yeast infection treated?**

- You can use over the counter creams, that you can buy at any drug store. Speak with a pharmacist to help you decide which cream is best.
- If creams do not work, see your healthcare provider for a prescription.
- Herbal remedies (e.g. lactobacillus acidophilus capsules) may help to keep

yeast in-check and are available at a health food store.

Pregnant women should consult their health care provider or a pharmacist before using yeast treatments.

Note: Vaginal medication may weaken the latex in condoms or diaphragms causing them to break while treatment is being used and for up to three days after completing treatment.

▶ **Is follow-up necessary?**

.You will need follow-up if you continue to have symptoms after your treatment is finished or if you have frequent yeast infections (four or more per year).

If you think you might be at risk for a sexually transmitted infection (STI) consider having testing.

▶ **How do I protect myself?**

- Wear cotton underwear- keep the genital area dry.
- Avoid tight fitting clothing such as panty hose or tight pants.
- Avoid using bath bubbles/oil, hygiene sprays, douches, and deodorant tampons or pads.
- Always wipe from front to back after using the toilet.
- Eat a balanced diet that is low in sugar.
- Lactobacilli preparations (a supplement found in a Health Food Store or in some brands of yogurt) may help restore normal vaginal balance.
- Consider getting immunized for hepatitis B and HPV.

▶ **Who can I talk to if I have more questions?**

If you have concerns or questions, call and ask for Sexual Health, or visit the health unit website below.



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Tel: 705-721-7520
Toll free: 1-877-721-7520
www.simcoemuskokahealth.org

▶ **References**

[CATIE](#)

[Women's Health Matters](#)

Updated August 2015

Yeast

