

Vaginal Yeast Infection

Vaginal yeast is a common vaginal infection. Women who are more likely to get vaginal yeast include:

- Pregnancy
- Use of hormonal contraceptives
- Have diabetes
- Have a weakened immune system
- Are taking or have recently taken antibiotics

Frequent Signs & Symptoms

The most common symptom of a yeast infection is extreme itchiness in and around the vagina, but may include:

- Reddened and swollen vulva and vagina
- Thick, white, clumpy or watery vaginal discharge.
- A burning sensation, especially during intercourse or while urinating
- Vaginal rash

Causes

Most vaginal yeast infections are caused by a fungus called *Candida Albicans*. It often causes no symptoms. However, the fungus can overgrow and cause symptoms. Although yeast is not a sexually transmitted illness, it can be transmitted to your partner through sexual activity.

Prevention

Vaginal yeast infection can occur without cause, but some helpful tips include:

- Do not douche
- Do not use scented feminine products
- Change tampons and pads often.
- Do not wear tight underwear, pantyhose, pants, or jeans
- Wear underwear with a cotton crotch
- Change wet/damp clothing as soon as you can.
- After using the bathroom, always wipe from front to back
- Avoid hot tubs and very hot baths
- If you have diabetes, keep your blood sugar under control

Health and Wellness Center
Doc Bryan Student Services Center,
Suite 119
1605 Coliseum Drive
Russellville, Arkansas 72801

Office: 479-968-0329
Fax: 479-967-6610
www.atu.edu/hwc

Diagnosis

Your provider can usually diagnose vaginal yeast by taking a swab of vaginal discharge to be examined under a microscope in the clinic or sent to a laboratory for a fungal culture.

Treatment

Vaginal yeast is usually treated with antifungal medicine. This medication is applied inside the vagina or an oral medication can be prescribed by your provider. Other treatments may be needed for infections that are more severe, that don't get better, or that keep coming back.

Activity

It is recommended to refrain from sexual activity until treatment is completed and symptoms are gone. Sexual activity could prolong the infection, allowing symptoms to return. These symptoms may be worse than they were before. Sexual activity can also transmit yeast from you to your partner.

Complications

If left untreated, vaginal yeast infections do not have long-term consequences. They tend to cause uncomfortable symptoms, but do not cause permanent damage.

If symptoms worsen or do not improve, return to the clinic.

If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.