

## Breast and Nipple Thrush - treatment instructions

### Information for patients and carers

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When treating thrush in breastfeeding, both mother and baby are treated to prevent mother and baby passing the thrush to each other.

#### **For Mother**

- Daktarin Cream — apply thinly to the nipples, 4 times a day after feeds (no need to wipe off prior to next feed).
- Fluconazole capsules 150 mg - take one every second day for 3 doses.
- Review with Lactation Consultant after 1 week - a second course of 3 fluconazole capsules may be required.
- **The day after** you take the last fluconazole capsules, start taking the nystatin capsules (500,000 units) 1 - 2 capsules, 3 times a day with food until all capsules have been taken. (50 capsules.)

#### **For Baby**

If using **daktarin oral gel**

- Use 4 times a day (for a week) then once a day for a week.
- Measure out the dose onto the spoon provided but **DO NOT** use the spoon to put the gel into baby's mouth.
- With your clean finger, take the gel off the spoon and rub it onto baby's tongue, lips and inside the cheeks. **DO NOT** put gel as a lump straight into baby's mouth.
- Apply daktarin cream to baby's bottom if thrush rash present.

If using **nystatin oral drops**

- Give 1ml after each feed using the dropper supplied. Apply 1/2 ml into each side of baby's mouth .
- Continue for 2 days after symptoms have gone.

Review Breastfeeding Clinic Appointment in 1 week: .....

(phone 0439981937 if further support before this is needed)

Treatment may need to be repeated if symptoms have not resolved. Please ask the Lactation Consultant or Pharmacy staff if you have any questions.

#### **Careful hygiene is important:**

- Wash hands after changing nappy and before feeding.
- Boil all teats, dummies, nipple shields and breast pump parts once a day
- Avoid use of silicone gel discs while thrush is present
- Treat any vaginal thrush present - see your GP if required

