

Yeast Infections

Yeast infections of the vagina are common among girls. Yeast infections usually are not spread through sexual activity. They are uncommon among guys.

Girls with yeast infections complain of vaginal itching and a thick white vaginal discharge.

Girls who use birth control pills or who have been treated with antibiotics for other infections are at a higher risk for yeast infections. Yeast infections are diagnosed by an examination of the vagina and by looking at the discharge under a microscope.

Yeast infections can be treated with creams or suppositories that are inserted into the vagina. These are available without prescription. Treatment usually takes 3 to 7 days. A pill taken by mouth can also be used to treat yeast infections. A prescription is needed for this.

Yeast infections can come back and often do. Good hygiene can help keep them from coming back. Girls should keep their bottoms clean and dry, especially after they bathe or go to the bathroom. Douching is NOT recommended and may actually lead to yeast infections. Wear clean cotton underwear each day. Avoid tight fitting jeans, pants, and pantyhose.

If you have questions about yeast infections or other health problems, ask your doctor or nurse, or call the Children's Mercy Hospital Information Line at (816) 234-3188.