Breast Feeding – Yeast Infection

Yeast infection (candidiasis) is a fungal infection common in infants. It is also called "thrush". Thrush can make your baby’s mouth or diaper area sore. Thrush can look like white patches inside the baby’s mouth on his tongue or cheeks. In the diaper area, it can look like a red small raised rash. If you are breast feeding, your nipples can also become infected. This may include shiny, bright pink areola, nipple soreness or white patches on your nipples. You could have itching, burning, sharp shooting pain or needle-like pain. Medication will be prescribed for both you and your baby, even if one of you does not have symptoms. Treatment should continue for 1 week after symptoms have gone away. Follow the directions below to help clear the infection in you and your baby.

For You (Mom):

1. Use medication as prescribed.
2. Take a pain reliever as needed for discomfort. Consult your health care provider about this.
3. Air dry and/or expose your nipples to sunlight after each feeding.
4. Use a fresh bra liner (pad, tissue, or wash cloth) after each feeding for several days.
5. Wash anything that is washable that comes in contact with your breast-such as bras, night clothes, sheets, towels and washcloths daily in hot soapy water.
6. Wash your hands with soap and water for at least 15 seconds after using the bathroom and after changing your baby’s diaper.
7. When bathing, use a different washcloth for cleaning your genital area.
8. Your partner may need to be treated for yeast infection also. Be sure to check with your doctor.

For Your Baby:

1. Use the oral medication as prescribed by your baby’s health care provider. Give it after feedings.
2. Use your clean finger, gauze or a cotton swab to spread the medicine well into your baby’s mouth. Be sure to get it on the inside of the cheeks and on the gums and tongue.
3. Wash pacifiers, bottles, nipples and breast pump pieces with soap and water. Once a day, boil all of the pieces for 20 minutes each day after cleaning them.
4. **For Diaper Rash:** Clean the diaper area with warm (not hot) water and pat dry with each diaper change. Put a small amount of recommended cream on diaper area as ordered by your baby's health care provider. Leave the diaper area open to air several times each day.

If you have questions or need further assistance, call the Lactation Management Program Help Line at (816) 346-1309.