

Yeast Infection

Thrush is a yeast infection common in babies. Thrush can look like white patches inside your baby's mouth. If you are breastfeeding and your baby has thrush, your nipples can get infected. Your nipples may look pink, red, or a lighter color than normal. You may feel itching, burning, or pain. If your baby has thrush, your doctor may give you medicine for your nipples even if you don't have symptoms.

For Mom:

- Call your doctor and ask to speak to the nurse. Tell them you are breastfeeding, and your baby has thrush. Your doctor may give you medicine for your nipples
- Take a pain reliever as needed. Both acetaminophen and ibuprofen are safe to take while breastfeeding
- Air dry your nipples after breastfeeding or pumping
- Use a fresh bra pad after each feeding for several days
- Wash anything that touches your breast or breast milk with hot, soapy water. You can also add a cup of vinegar to the wash or rinse cycle of the washing machine when you wash your clothes
- Wash your hands with soap and water for at least 20 seconds after using the bathroom and after changing your baby's diaper
- When bathing, use a different washcloth for cleaning your breasts
- Only use prescribed medicine on your nipples while treating a yeast infection. Don't use lanolin or other creams
- Call your doctor if you feel worse or are not better in a week. They may need to give you a different medicine

For Baby:

- Give medicine after feeding
- Use your clean finger or a Q-tip to spread the medicine in baby's mouth. Be sure to get it on the inside of the cheeks and on the gums and tongue
- Wash pacifiers, bottles, nipples and breast pump pieces with hot, soapy water. You can also use micro steam bags made to kill germs

Please call the Breastfeeding and Pumping Help Line at (816) 346-1309 if you have questions.

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