

Instructions for Thrush

Thrush is a yeast infection that grows inside the mouth. It is caused by a germ called Candida . Thrush is very common in babies and is usually not a serious infection. Thrush causes white patches that coat the inside of the mouth and the tongue. Patches of thrush do not wipe away easily.

Candida is everywhere. It is on everyone's skin, so it is easy for babies to get thrush. Babies who are on antibiotics are more likely to get thrush. Nursing mothers may have Candida on their breasts. They can pass it on to the baby. Or a baby with thrush who nurses can give it to its mother. Candida breast infection may cause the nipples to be pink and maybe painful or itchy.

To treat your baby's thrush:

- o Use Nystatin suspension, 1cc applied with a swab to coat the entire inside of mouth, 4 times a day, until your child's mouth looks normal for 3 days. (This is a prescription medication.)
 - o Use the medicine at least 30 minutes after a feeding
 - o Do not feed for at least 30 minutes after using Nystatin.
 - * Boil all bottle nipples and pacifiers for 20 minutes before use until the infection is gone.
 - * Do not wipe inside your baby's mouth.
 - * If you are nursing, apply Nystatin or Lotrimin cream to your nipples 4 times a day, after nursing.
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