

# Nursing Mother's Guide to Yeast and Thrush

Volume 1, Issue 2

October 2003



***Give the Best***

Nat'l Naval Medical Ctr  
Lactation Support Team  
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## ***Need more help?***

*If you have additional questions about breast-feeding or the services offered through the Lactation Support Program, Please call our office weekdays between 0800-1400*

*Call: 301-319-5033 or  
301-295-9959*

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If your health care provider has diagnosed you or your baby with a yeast infection or thrush, you will **both** need medical treatment. Yeast grows well in warm, dark, moist places and in certain cases it can overgrow and cause painful irritation.. Yeast can spread between you and your baby from your hands, from diapers and from contact when you are nursing.

Common symptoms in the baby are white patches in the mouth, refusal to nurse, gassiness, and a severe diaper rash. You may experience symptoms such as a stinging or burning sensation on one or both nipples, redness or cracking around the nipple or a stabbing pain in the breast during nursing sessions.

In addition to medication, these tips can help the healing process and prevent the yeast from coming back.

## **Care for Baby**

- Wipe milk out of baby's mouth after feedings with a clean, wet cloth or gauze wrapped around your finger.
- Put baby's medicine dose on another clean gauze or cotton tipped swab and wipe around baby's gums, inside the cheeks and under the tongue.
- Do not put medicine dropper in baby's mouth. Do not insert swabs into medicine bottle.
- Boil all pacifiers and bottle nipples for 20 minutes daily. Throw away pacifiers and nipples after a week.
- Wash diaper area well and leave open to air and indirect sunlight if possible. Do not use plastic pants or "wraps." Wash hands carefully after diaper changes.
- Avoid baby "wipes." Use clean, wet washcloths to wash diaper area.

## **Care for Mother**

- After nursing, wash nipples with plain water, pat dry. Wear breast shells or change cloth pads often to keep nipples dry.
- During treatment, pumped breastmilk can be used or can be frozen for later use.
- Boil breast shells or any pump parts for 20 minutes daily along with baby's pacifiers and bottle nipples. You can also boil bras, underwear and cotton breast pads.
- Use fresh washcloths and towels every day.

Hand washing is the most important thing you can do to prevent and treat yeast infections. Wash hands after using the bathroom, handling diapers, before nursing and before pumping.

If you have further questions, your condition does not improve or if the infection comes back, please call your lactation consultant at 301-319-5033 or 301-295-9959 for more help.

**Promote, Protect, Support Breastfeeding**

