



Care Plan for Yeast Infection

Yeast infections are caused by the fungus *Candida*, which normally lives in the mouth, intestines, and vagina of healthy people. In certain situations, it can multiply quickly and become an infection. A yeast infection can occur on a mother's nipples, inside the breasts, and in the baby's mouth. It can be caused by a weakened immune system and or the use of antibiotics or steroids. Yeast can also enter the breasts through cracked nipples.

Care Plan Goals:

- Treat the infection as directed by your physician
- Decrease pain with breastfeeding for both mom and baby

Signs of yeast in mother

- Sore nipples
- Pinkish or red color or rash on nipples (may also be on areolas)
- Dry, flaking skin
- Shiny nipples
- Itching or burning
- Shooting pain in the breast
- Current or recent vaginal yeast infection
- Cracked and/or bleeding nipples
- White or yellow discharge on nipples if bacterial infection is also present

Signs of yeast in the baby:

- White patches or sores inside the mouth, cheeks, or on the tongue
- Red diaper rash
- Pops off and on the breast frequently while feeding
- Clicking while breastfeeding
- May be refusing to breastfeed
- Baby irritable and/or gassy

Management of yeast infection

- Call your doctor and your baby's doctor as soon as possible to get a diagnosis.
- Both mother and baby must be treated if yeast is confirmed in either one, since the infection will pass back and forth during breastfeeding.
- Finish the entire course of prescribed medicine or treatment, even if symptoms disappear, to prevent a return of the infection.
- Boil anything that touches your baby's mouth or your breast once a day for 20 minutes until you have had treatment for 48 hours. If your baby is using bottles or pacifiers, discard and replace after one week.
- Apply a vinegar rinse with a cotton ball or cloth to your nipples before and after breastfeeding (one tablespoon of white vinegar added to one cup of water). This solution can also be used in the rinse cycle of your washing machine.
- Add one cup of bleach when washing your breast pads, cotton bras, teething toys or cloth diapers, and then dry on high heat.
- Decrease the amount of sugar you eat and drink.
- You can add yogurt with acidophilus to your diet.

For more information, call the TriHealth Breastfeeding Helpline (513 862 7867) to speak with a lactation consultant who is experienced with this problem.