

Thrush

Thrush is caused by a fungus that thrives in moist and dark places.

Symptoms in mom:

- Breast pain not improved with better latch-on
- Itchy or burning nipples
- Red, shiny, or flaky nipples
- Cracked nipples
- Shooting pains after breastfeeding
- Deep breast pain

Symptoms in baby:

- White patches on gums, cheeks, or tongue
- Diaper rash
- Clicking sound while nursing
- Repeatedly pulling off the breast
- Gassiness and fussiness

Only your doctor can diagnose and treat thrush.

Both you and your baby need to be treated.
Symptoms may get worse before improving.

After your doctor diagnoses thrush, what can you do?

- Continue to breastfeed
- Take *all* medications as prescribed
- Wash hands often
- Boil bottle nipples, pacifiers, and pump parts for 20 minutes
- Boil toys that come in contact with baby's mouth
- Wash bras, nursing pads, etc. in hot water with bleach
- Keep nipple area dry
- Reduce yeast and sugar in your diet

Comfort measures:

- Begin breastfeeding on the least painful side
- Offer short, frequent feedings
- Air dry your nipples after each feeding

Ask your doctor or lactation consultant about using a vinegar solution.

1 part water

1 part vinegar

Use cotton swab to apply to nipples after nursing.

You may also use the vinegar solution on your baby's diaper area.

Source: Mohrbacher, Nancy, IBCLC, *The Breastfeeding Answer Book*. La Leche League International, 2005.



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