



What are the symptoms of vaginal yeast infection?

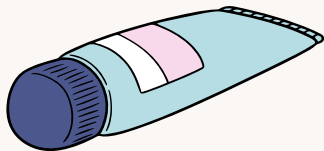
Vaginal yeast infection is a common condition that causes:

- Vaginal and vulvar itching
- Soreness
- Abnormal vaginal discharge
- Pain during sex or urination

During Pregnancy

- Vaginal yeast infections are more common in pregnancy because the hormonal changes create an environment in which it is easy for yeast to grow.

Common Treatments for Yeast Infections in Pregnancy



- Topical *antifungal* drug (vaginal cream or vaginal ovules/suppositories).
- Seven-day treatment is recommended for better cure rates.
- Whenever possible, pregnant individuals should get medical advice before self-treating.

Are There Any Risks with Using Topical Antifungals in Pregnancy or while Nursing?

- Only very small amounts of topical antifungals get into the blood stream.
- Studies, including several thousand pregnancies, have shown that topical antifungals do not increase the risk of birth defects.
- Their use during pregnancy have not been linked to other harmful effects to the pregnancy or the baby.
- They are not expected to cause harm to the infant if used when nursing.

Preventions

- There is not enough information that shows certain lifestyle changes will prevent a yeast infection.
- Douching is not recommended, as it can destroy the “good” bacteria in the vagina that keeps yeast under control.



For more information visit <https://firstexposure.ca/health-topic-topical-treatment-for-vaginal-yeast-infections/> or scan the QR code.



This information does not replace the medical care and advice from your healthcare provider. Please contact your healthcare provider for any questions you may have.

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