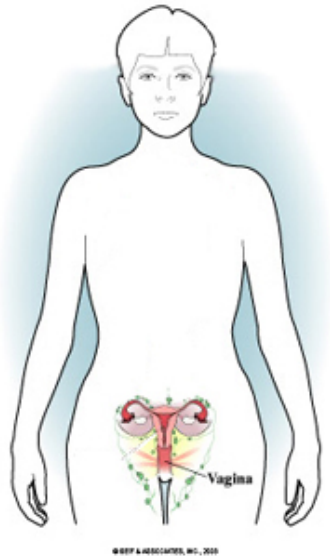
Monilial Vaginitis
(Yeast Infections)

Vaginitis in a soreness, swelling and redness (*inflammation*) of the vagina and vulva. Monilial vaginitis is not a sexually transmitted infection.



CAUSES
Yeast vaginitis is caused by yeast (*candida*) that is normally found in your vagina. With a yeast infection, the candida has overgrown in number to a point that upsets the chemical balance.

SYMPTOMS
- White thick vaginal discharge.
- Swelling, itching, redness and irritation of the vagina and possibly the lips of the vagina (*vulva*).
- Burning or painful urination.
- Painful intercourse.

DIAGNOSIS
Things that may contribute to monilial vaginitis are:
- Postmenopausal and virginal states.
- Pregnancy.
- Infections.
- Being tired, sick or stressed, especially if you had monilial vaginitis in the past.
- Diabetes. Good control will help lower the chance.
- Birth control pills.
- Tight fitting garments.
- Using bubble bath, feminine sprays, douches or deodorant tampons.
- Taking certain medications that kill germs (*antibiotics*).
- Sporadic recurrence can occur if you become ill.

TREATMENT
Your caregiver will give you medication.
- There are several kinds of anti monilial vaginal creams and suppositories specific for monilial vaginitis. For recurrent yeast infections, use a suppository or cream in the vagina 2 times a week, or as directed.
- Anti-monilial or steroid cream for the itching or irritation of the vulva may also be used. Get your caregiver's permission.
- Painting the vagina with methylene blue solution may help if the monilial cream does not work.
- Eating yogurt may help prevent monilial vaginitis.

HOME CARE INSTRUCTIONS
- Finish all medication as prescribed.
- **Do not** have sex until treatment is completed or after your caregiver tells you it is okay.
- Take warm sitz baths.
- **Do not** douche.
- **Do not** use tampons, especially scented ones.
- Wear cotton underwear.
- Avoid tight pants and panty hose.
- Tell your sexual partner that you have a yeast infection. They should go to their caregiver if they have symptoms such as mild rash or itching.
- Your sexual partner should be treated as well if your infection is difficult to eliminate.
- Practice safer sex. Use condoms.

- Some vaginal medications cause latex condoms to fail. Vaginal medications that harm condoms are:
  - Cleocin cream.
  - Butoconazole (Femstat®).
  - Terconazole (Terazol®) vaginal suppository.
  - Miconazole (Monistat®) (may be purchased over the counter).

SEEK MEDICAL CARE IF:

- You have a temperature by mouth above 102° F (38.9° C).
- The infection is getting worse after 2 days of treatment.
- The infection is not getting better after 3 days of treatment.
- You develop blisters in or around your vagina.
- You develop vaginal bleeding, and it is not your menstrual period.
- You have pain when you urinate.
- You develop intestinal problems.
- You have pain with sexual intercourse.

Document Released: 10/14/2010 Document Re-Released: 03/14/2011
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