Thrush

Thrush is caused by a yeast fungus. You may see a white or yellow coating in your child's mouth or on their tongue. Thrush may hurt or sting when eating or drinking. Babies may be fussy and not want to eat (*nurse*).

Your child may get thrush if they:

- Have been taking medicines that kill germs (*antibiotics*).
- Share cups or bottles with another child who has it.
- Are breastfeeding and the mother has it on her nipples.

HOME CARE

- For babies:
  - Use a dropper or syringe to squirt medicine into your baby's mouth. Try to get the medicine on the areas that are coated.
  - It is fine for baby to either swallow the medicine or spit it out.
  - Boil all nipples and pacifiers every day in clean water, for 15 minutes.
  - You may need to use a cream on your nipples if you are breastfeeding. Wipe it off before putting the baby to breast.
- For older children:
  - Squirt the medicine into their mouth. They can swish it around and spit it out if they are old enough.
  - Swallowing it will not hurt them.
- Leave the coating alone. You will hurt your child if you try to rub or scrape it off.
- Give medicine before feeding if your child is not drinking well.
- Wash your hands well and often before and after contact with your child.
- Boil any toys that your child may be putting in their mouth. Never give a child keys or phones to play with.
- Only give medicine as directed by your doctor.

GET HELP RIGHT AWAY IF:

- The thrush gets worse even with medicine.
- Your baby or child refuses to drink.
- Your child is peeing very little or their pee is dark yellow.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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