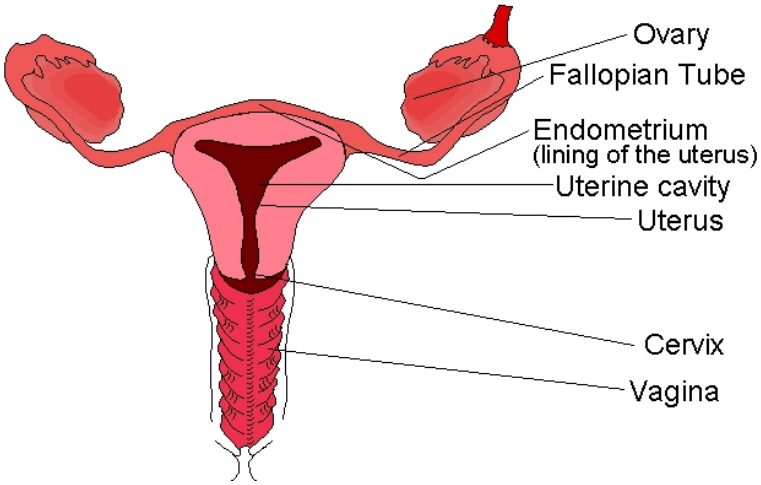
# Monilial Vaginitis, Pediatric
## (Yeast Infections)

Vaginitis in an *inflammation* (soreness, swelling and redness) of the vagina and vulva.

### CAUSES

Yeast vaginitis is caused by yeast (*candida*) that is normally found in the vagina. With a yeast infection the candida has over grown in number to a point that upsets the chemical balance. Conditions that may contribute to getting monilial vaginitis include:




- Pregnancy.
- Other infections.
- Being tired, under stress, illness especially if your child had monilial vaginitis in the past.
- Diabetes.
- Taking antibiotics.
- Wearing tight fitting cloths in the crouch area.
- Using bubble bath, scented douches, tampons and sprays.
- Taking certain medications that kill germs (*antibiotics*).
- Sporadic recurrence can occur if you become ill.

### 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.

### DIAGNOSIS

- Usually diagnosis is made easily by physical examination.
- Tests that include examining the discharge under a microscope
- Doing a culture of the discharge.

### TREATMENT

Your caregiver will give you medication.

- There are several kinds of anti-monilial vaginal creams and suppositories specific for monilial vaginitis.
- Anti monilial or steroid cream for the itching or irritation of the vulva may also be used. Get your child's caregiver's permission.
- Painting the vagina with methylene blue solution may help if the monilial cream does not work.
- Feeding your child yogurt may help prevent monilial vaginitis.
- In certain cases that are difficult to treat, treatment should be extended to 10 to 14 days.

### HOME CARE INSTRUCTIONS

- Give all medication as prescribed.
- Give your child warm baths.
- Do not allow tampons, especially scented ones.
- Your child should wear cotton underwear.
- Avoid tight slacks, tights or panty hose.

## SEEK MEDICAL CARE IF:

- Your child develops a fever of 100º F (37.8º C) or higher.
- Your child's symptoms get worse during treatment.
- Your child develops abdominal pain.

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