

## Thrush (Candidiasis)

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### Description:

*Candidiasis or Thrush is due to an overgrowth of fungi called Candida albicans. Candida may be present in small numbers on the skin, in the mouth, vagina and bowel. The vagina is dark, warm and moist which may encourage thrush to multiply. Thrush is not a sexually transmitted infection (STI).*

### Symptoms:

Thrush may cause:

- itching and soreness of the vagina and external genital area
- a thick white or creamy vaginal discharge
- discomfort or pain during sex.

### Diagnosis

When a doctor or sexual health nurse examines the vagina, there may be signs of thrush. A swab of the discharge from the vagina will be taken to confirm diagnosis. If there is any risk of STI, tests should be taken at the same time.

### Treatment:

Thrush can be treated with anti-fungal creams, pessaries, oral tablets or a combination.

People with thrush are advised to:

- avoid the use of soap on the genital area
- avoid tight fitting and synthetic clothing
- avoid bubble baths and bath salts
- try different brands of condoms and lubricant
- keep skin clean and dry.

### Factors encouraging thrush

Some people seem to be more prone to thrush and may get it from time to time. Factors which increase the likelihood of getting thrush include:

- diabetes
- antibiotic treatment
- stress and tiredness
- being overweight
- wearing synthetic or tight clothing and stockings
- pregnancy
- steroid treatment
- HIV infection

### Prevention:

Thrush is not an STI. Using a condom can reduce the spread of most sexually transmissible infection. Prevention is better than cure.

### Help and Assistance

For more information about thrush, you can talk to:

- your local doctor
- your local sexual health clinic

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- your local family planning clinic.

### Other Resources

[Queensland Health - Sexual Health website](#)

[Womens Health Queensland Wide](#)

[Family Planning Queensland](#)