

Facts about Thrush and Candida Diaper Rash (Yeast Infection)

Candida is a type of yeast infection. It lives in the intestines of people without causing illness.

When it infects the mouth, it is called thrush. Thrush is common in young children. They may get it after taking antibiotics for another illness. Children who use a steroid inhaler for asthma or hay fever may also get thrush.

Thrush may appear as a rash in the mouth or on the skin. The child will have a whitish-grey coating on the insides of the cheeks and on the gums. The coating is not easy to wipe off and, if you rub too hard, the mouth may start to bleed. In bad cases, the mouth may be so sore that it hurts to suck. Most children with thrush do not have any pain and do not develop other problems.

Candida diaper rash is usually found in the deepest folds of the bum. The rash is very red with an edge or border around it. There are often small red spots close to the large areas. Candida infections can be cured with medicines prescribed by a doctor. Candida diaper rash is treated with a cream or ointment that is spread on the rash.

Keep all prepared bottles and nipples in refrigerator to decrease likelihood of yeast growth.

Do not reuse a bottle more than an hour after the baby has drunk from it because yeast may have had time to grow on the nipple. Change your baby's diaper soon after it is wet. A wet diaper provides a good area for yeast to grow.



What to Do at Home

- Talk to your doctor, if you think your child has a candida infection.
- If your doctor prescribes medicine, follow the directions carefully.
- Your doctor will probably suggest the following steps:

Thrush

- While breast feeding your baby, use a cream prescribed by the doctor for your nipples. Continue nursing the baby.
- Keep prepared bottles and nipples in the fridge.
- Do not reuse prepared bottles more than 1 hour after the baby has first drunk from it. Rinse bottle nipples in cool water to remove milk. Then wash in hot, soapy water, rinse and air dry. Once a day boil bottle nipples and pacifiers for five minutes or wash in the hot cycle of a dishwasher. Please note: Frequent boiling or dishwasher cleaning may cause bottle nipples and pacifiers to break down. Throw away nipples and pacifiers that become cracked, damaged or "sticky".
- Wash your hands often while caring for a baby with thrush.

Candida Diaper Rash

- Change the child's diaper soon after it is wet. Wash the child's diaper area with mild soap and warm water, rinse with clean water and dry. Spread the cream or ointment, prescribed by the doctor, on the rash.
- Wash your child's hands and your own hands after diaper changes.



Children with thrush or candida diaper rash may go to school or the child care centre, if they feel well enough to take part in activities.