

## **Thrush Treatments**

Suggestions from an anonymous mom

I had a tough time with thrush and after 14 months of nursing I still have to take a few daily measures to keep the infection under control. My infection impacted my nipples, my milk ducts (also known as intraductal yeast), my son's mouth, and his bottom. So here's my experience, I hope it's helpful. I felt all measures were worth it to continue nursing. By the time the infection was visibly apparent to doctors, I was in agony. So if you have symptoms (burning and itching on either nipples or breasts, shooting pains in breasts, other fungal infections elsewhere on your body, baby has white tongue, or baby has red dotted diaper rash) try some of the measures to see if your symptoms improve.

### **Daily maintenance to keep infection in mother at bay:**

Yogurt (Unsweetened, I prefer Trader Joe's Greek Style or Fage, don't bother with lowfat, you'll need the calories and flavor) - 1x/day.  
Soy Lecithin (Improves milk flow, prevents plug ducts, reduced burning in breasts) - 1.2g gelcaps 2x/day  
Candex (dietary enzymes which breakdown yeast) - 2 capsules/day  
ProOmega Fish Oil - 1g gelcaps 2x/day with food  
Diet - Avoid sugar (including baked goods), and cheese

### **Effective measures taken to treat intraductal and nipple infection in mother:**

#### Prescriptions

Diflucan (fluconazole) - 200mg loading dose followed by 100 mg for 7 days. I took this for over 30 days, it is an exceptionally high dose that should only be required for intraductal yeast.

#### Diet and Supplements

Yogurt (Unsweetened, I preferred Trader Joe's Greek Style or Fage) - 2 cups/day  
Soy Lecithin (Improves milk flow, prevents plug ducts, reduced burning in breasts) - 1.2g gelcaps 3x/day  
Candex (dietary enzymes which breakdown yeast) - 2 capsules 2x/day  
ProOmega Fish Oil - 1g gelcaps 2x/day with food  
Diet - Avoid sugar (including baked goods), breads, pastas, certain vinegars, processed foods, potatoes, and cheese  
Jarro-dophilus (refridgerated acidophilus) - 2 capsules 3x/day  
Sepia (homeopathic) - 6C 2-3 pellets dissolved under tongue 3x/day 20 minutes before or after eating  
Echinacea - Standard dosage.

#### Nipple Hygiene

Gentian violet - dilute to 0.5% and apply to nipples 2x/day, Shout will usually remove purple stains in clothing if applied and washed. within 1 day (may have to try more than once).  
White vinegar - Mix 1 tbsp vinegar with 1 cup of water and apply to nipples using a cotton ball after nursing to kill yeast.  
Monistat cream (3 day vaginal cream can be used for nipples) - apply to nipples after nursing, wash off before nursing.  
Natural Nipple Butter (Earth Mama Angel Baby, excellent for burning) - apply after nursing in conjunction with Monistat, wash off before nursing.  
Baking soda - applied to nipples and feet each day while showering.

## Other Measures

Laundry - Add 1/4 cup vinegar to each load of laundry to kill yeast.

Sterilization - Sterilize pacifiers, bottles, and breast pump equipment each day. Sunlight kills yeast, so alternatively I would set clean dishware on a sunny windowsill.

### **Effective measures taken to treat mouth and diaper rash infection in baby:**

Jarro-Dophilus for Baby (refrigerated acidophilus powder) - 1/4 tsp in breastmilk 1x/day, express milk into a tablespoon and mix, or add to bottle.

Gentian violet - dilute to 0.5% and apply to tongue 2x/day, Shout will usually remove purple stains in clothing if applied and washed within 1 day, use a small amount on a Q-tip and apply to tongue. Be careful a little goes a long way. A study showed a weak link between Gentian Violet and certain cancers, my pediatrician and dermatologist said it was fine to use.

Vusion diaper rash cream (prescription) - absolutely the only effective diaper rash cream I found.

### **Ineffective measures taken to get infection under control in baby or mother:**

Grapefruitseed extract - 250 mg capsules 3x/day. When passed on in breast milk it didn't agree with baby.

Odorless Garlic - 2-3 capsules 2x/day. When passed on in breast milk it didn't agree with baby.

Nystatin suspension - As prescribed, I found this worsened the condition, it's in a sugar suspension which feeds yeast, I think Dr. Sears says it is effective in only about 40% of cases.

Lansinoh nipple cream - didn't do much for me.

Lotrimin – (over the counter cream) - apply to bottom 2x/day, further irritated babies bottom.

All the supplements can be purchased at Whole Foods Market, with the exception of Candex which I purchased online, and Gentian Violet which was purchased at the O'Connor Hospital Pharmacy.

The prescriptions were obtained from Dr. Honor Fullerton, she was the only doctor in that I found who was able to treat me for intraductal yeast (infection that has gone into the milk ducts). My OB, general practitioner, and previous dermatologist did not understand the nature of this infection.

Dr. Honor Fullerton  
Menlo Dermatology Medical Group  
888 Oak Grove Ave., Suite 8  
Menlo Park, CA 94025  
650-325-1511