

Breastfeeding and candidiasis				
ILLNESS	KEY POINTS	TREATMENT	ADULT DOSE (unless otherwise stated)	DURATION OF TREATMENT
<p>Nipple/ breast candidiasis (thrush) while breastfeeding directly or by expressing.</p> <p>N.B. ensure feeding support is in place and full feed observed by a trained HCP if you do not suspect infection, or for <a href="#">persistent feeding issues</a> .</p> <p>It is important that positioning and attachment issues are ruled out.</p> <p>Further resources</p> <p><a href="#">Grampian Guidance</a></p> <p><a href="#">Breastfeeding Network Thrush and Breastfeeding</a></p> <p><a href="#">CKS</a></p> <p><a href="#">National Infant Feeding Network</a></p> <p><a href="#">Somerset CCG Infant Feeding Resources</a></p> <p><a href="#">National Breastfeeding helpline</a></p>	<p>Candida may affect the mother's breast and the baby's oral mucosa causing great pain after previous painless breastfeeding.</p> <p>Risk factors: recent broad spectrum antibiotics (mother or baby, history of maternal vaginal thrush, diabetes, anaemia, long term steroids, high glucose diet, use of dummies, damp nursing pads or bras adjacent to the skin for prolonged periods.</p> <p>Standard bacteriological culture is unreliable; culture may be useful if there is suspicion of secondary infection. Base diagnosis on clinical signs and symptoms (refer to <a href="#">Grampian Guidance</a>). Symptoms: sudden start of breast and/or nipple pain in BOTH breasts after some weeks of pain free breastfeeding; it is very painful and may cause premature cessation of breastfeeding.</p> <p>Exclude mastitis – differs by the presence of systemic symptoms such as fever.</p> <p>Exclude <a href="#">Raynaud's phenomenon</a>.</p> <p>Ductal thrush (deep breast thrush) is very rare– especially in the first 6 weeks after birth. Investigate other causes.</p> <p>Thrush should not be diagnosed if:</p> <ul style="list-style-type: none"> <li>• There is pain in only one breast/nipple</li> <li>• There has never been pain free breastfeeding</li> <li>• See <a href="#">BFN for more guidance</a></li> </ul>	<p>Address underlying risk factors and <b>ensure simultaneous treatment of the mother and baby.</b></p> <p><b>Treatment of the mother</b> Miconazole 2% <a href="#">cream</a></p> <p>(~<b>Do not use</b> topical clotrimazole cream due to association with allergic reactions when used for breast thrush and not suitable for ingestion. ~<b>Do not use</b> miconazole oral gel as will not penetrate the skin. )</p> <p>OR</p> <p>Oral fluconazole (not licensed for this indication)</p>	<p>Apply sparingly to the nipple and areola after each feed. Carefully wipe off any excess cream if present, prior to the next feed.</p> <p>400mg loading dose followed by 100-200mg daily.</p>	<p>Breastfeeding should continue and be encouraged for the duration of treatment.</p> <p>Until 7 days after resolution of symptoms (approximately 8-21 days) and until the baby's treatment is completed.</p> <p>For at least 14 days or until the pain has resolved.</p> <p>Persistent or ductal/systemic thrush may require longer treatment and should be reviewed after 14 days.</p>
		<p><b>Treatment of the baby</b> - see <a href="#">here</a> for further information on symptoms.</p> <p><b>First line choice</b> <b>Oral miconazole gel (Unlicensed until 4months old)</b> (systemically absorbed so ensure no medication interactions)</p> <p>Or</p> <p><b>Second line</b> <b>Nystatin</b> (Unlicensed until 1 month old, licensed but use second line for babies 4 months to 24 months)</p>	<p><b>Neonate to 1 month</b> Smear 1 ml BD-QDS around the mouth and tongue after feeds</p> <p><b>1 month to 24months</b> Smear 1.25ml QDS around the mouth and tongue after feeds</p> <p><b>24 months and over</b> 2.5ml QDS around the mouth and tongue after feeds</p> <p><b>Neonate – 24 months</b> Apply 1ml (100,000units) 4 times a day after feeds. Use the dropper provided to measure the dose then administer using a teaspoon to avoid contaminating the bottle contents.</p>	<p>Until 7 days after resolution of symptoms and until the mother's treatment is completed.</p>