



CHARTING THE FUTURE™

The Lactation Center of Lancaster County

Revised 2020

Yeast

Yeast (Candida) is a fungal organism that normally lives in the mouth, vagina and intestines and has the ability to invade almost any tissue of the body, given the right conditions. When this overgrowth condition occurs, tissue changes causing pain may occur.

Yeast invasion may be seen in your baby's mouth (which is called thrush) as white patches inside the lips, on the cheeks, or thickly coated white tongue **before** feedings. Yeast invasion in the baby's intestines causes increased gas, fussiness, changes in feeding behavior, diaper rash, and may cause slow weight gain. Yeast invasion on the nipples can cause red nipples and areolas which burn, shooting pain through the nipple during or after the feeding, cracks that do not heal, nipple itching or flaking tissue.

Intraductal yeast may cause mastitis-like symptoms without fever. Antibiotics will make intraductal yeast worse.

General Information:

- Sanitize (bring water to a boil, remove from heat source, soak items in hot water for 20 mins) anything used in the baby's mouth, such as pacifiers, bottle nipples, teethingers **every day**. Discard items that cannot be exposed to hot water.
- Sanitize or clean pump parts in the dishwasher **every day**. Wash parts in hot, soapy water after each pumping.
- You may pump during invasion but do **not** store milk by freezing (freezing does not kill yeast) during the **first 3 days of treatment**.
- Wash bras in hot water. Change bra pads every feeding. Rinse nipples off with cool water after feeding.
- "Air bath" baby's bottom frequently.
- **Wash hands** after diapering a baby, before and after feedings.
- If nipples are sore, offer short, frequent feedings and breastfeed on the least sore side first.
- For painful latch, ice nipples before feeding.
- If too painful to breastfeed, pump for a day or two.
- Decrease sugars, milk and dairy products, fruit juices, yeast breads and nuts during the outbreak.
- Eat 2-4 cups yogurt each day for 1 week, and drink acidophilus milk.
- Some mothers find taking Garlic, Zinc, B complex vitamins (without yeast), grapefruit seed capsules or acidophilus supplements help during a yeast outbreak or to prevent yeast.

Treating mild yeast/preventing yeast with vinegar washes:

- Yeast cannot survive in an acidic environment
- Use a dilution of **white or apple cider vinegar in water (1 T of vinegar added to a 8 oz cup of warm water)**
- Apply freshly made solution to nipples with a cotton ball after feedings and before applying any nipple creams.
- Wash baby's bottom with mild soap, rinse and dry well, then wipe bottom with vinegar solution.
- **Do not use in the baby's mouth**

The most common prescribed medication for a baby's mouth is Nystatin liquid. **Your nipples and the baby's bottom should be treated at the same time with an over-the-counter antifungal ointment. If needed, call for instructions on use.**

Another medication that may be ordered is Diflucan (Fluconazole). **An over-the-counter antifungal ointment should be used on the nipple while you are taking the Diflucan to be effective, if you have nipple yeast.**

Over-the-counter treatments include ½% Gentian Violet or Grapefruit seed extract.

Please call the office before using any of these treatments. If medications are ordered, treat all areas (baby's mouth, bottom and your nipples) until symptoms are gone for a week. Do not become discouraged, it may take 1-3 weeks of treatment.

For concerns or questions call – 717-740-5423