

Genital Yeast Infection

What is a genital yeast infection? A genital yeast infection is an infection that causes itching and irritation of the vulva (outer lips of the vagina) and the vagina. This type of infection is caused by a fungus called Candida.

What are symptoms of a yeast infection?

- Itching of the vulva and the vagina.
- Pain, redness or irritation of the vulva and vagina.
- Pain when you urinate.
- Pain during sex.
- Abnormal vaginal discharge that may be thick, white and chunky.

How do I know if my symptoms are caused by a yeast infection? Most women cannot tell whether that have a yeast infection or something else. The symptoms of a yeast infection are a lot like the symptoms of many other conditions. It is important you see your medical provider. Depending on your situation, your provider might do multiple tests on your vaginal fluid to rule out other causes.

How did I get a yeast infection? The fungus that causes yeast infections normally lives in the vagina and the gut. Even though yeast is there, they do not usually cause symptoms. Certain medicines (like antibiotics), stress and other factors can cause the fungus to grow more than it should. This is when a yeast infection starts.

How are yeast infections treated? Yeast infections can be treated with an oral medicine or with medicines that you put in the vagina and on the vulva. The medicines you put in the vagina come in creams and tablets. All medicines for yeast work by killing the fungus that causes the infection. You should start to feel better within a few days of treatment. If you do not notice a difference in your symptoms after you finish your treatment, you should see your provider.

What can I do to help prevent yeast infections?

- Avoid scented body soaps, scented laundry detergents and scented drier sheets.
- Avoid tight and restrictive clothing like yoga pants.
- Keep the area dry, avoid excessive moisture.
- Wear cotton underwear or sleep without wearing underwear.