

## Thrush

### What is thrush?

Thrush is a yeast infection that appears as white patches inside the mouth, tongue, and cheeks. The white patches look like milk curds, but cannot be wiped off.

Most babies get thrush sometime during infancy, but it only needs to be treated if the white patches last for more than a few days, are very large, or cause feeding problems.

### How should I care for my child?

**Wash your hands** before and after giving medicine or touching your baby's mouth.

If a medicine is prescribed, apply it after feedings in 1 of these ways:

- squirt it inside of each cheek
- swab the tongue, roof of mouth, and gums with a cotton swab soaked with the medicine

Do not let your baby drink or use a pacifier for 10 to 15 minutes after giving the medicine.

For comfort give acetaminophen (Tylenol® or other brand).

Use only clean bottles, nipples, and pacifiers. Boil them for at least 5 minutes after every use until the infection is gone.

If you are breastfeeding, wash your nipples with warm soapy water before and after feeding and allow to air dry. If you have nipple pain, stinging, or burning, tell your doctor or nurse practitioner. You may have

yeast on your nipples. You and your baby can pass it back and forth. Washing your bras in dilute bleach will kill the yeast on the cloth.

Do not allow infants to share pacifiers, nipples, or toys that will be put in the mouth. Note: if you are breastfeeding twins, both will usually need to be treated.

Decrease sucking time to 20 minutes per feeding. Prolonged sucking can irritate the mouth and make it more prone to yeast infections.

### When should I call the clinic?

- gets worse during treatment
- child will not drink
- if you are breastfeeding and have nipple pain
- thrush lasts longer than 10 days.
- baby has a diaper rash at same time

### Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call the clinic.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our website: [www.childrensmn.org/A-Z](http://www.childrensmn.org/A-Z).

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