



# London Health Sciences Centre

## Patient Information

### YEAST OVERGROWTH APPENDIX B

To Be Used with the Patient Information **YEAST OVERGROWTH (NS6592)**

## Antifungal Medication to Treat Yeast Overgrowth

- There are several antifungal medications that are helpful in treating yeast overgrowth.
- Yeast resistance to antifungal medication is common. If a medication does not clear the yeast overgrowth, a different treatment should be tried.
- Some medications can be bought over the counter without a prescription; some require a prescription from your health care provider.
- Consider buying a generic brand as it may be less expensive.
- Talk to your health care provider before using any medication or combining medications with antifungal treatments.

### Over the Counter Antifungal Medications

Medication Name	Type of Preparation	Usual Dosage
Canesten® 1% (Clotrimazole 1%)	Creams, solutions, vaginal cream, vaginal tablet	<i>Skin cream:</i> Apply twice daily  <i>Vaginal cream or tablet:</i> 100 mg/day for 7 days or 200 mg/day for 3 days
Monistat® (Miconazole)	Skin cream or lotion, vaginal cream, vaginal suppository	<i>Skin cream or lotion:</i> Apply 3-4 times per day  <i>Vaginal cream or suppository:</i> 100 mg/day for 7 days

## Prescription Antifungal Medications

Medication Name	Type of Preparation	Usual Dosage
Mycostatin® (Nystatin)	Suspensions, cream, powders, ointment, vaginal suppository	<p><i>Oral suspension:</i></p> <p>Adult: 1.5-2.4 million units/day divided into 3-4 doses</p> <p>Infant: 400,000-800,000 units/day divided into 3-4 doses</p> <p><i>Topical:</i> 1 million units applied twice/day for at least 2 days after symptoms disappear</p> <p><i>Vaginal:</i> 1-2 million units/day</p>
Newman's All Purpose Nipple Ointment (APNO)	Ointment mixed by a pharmacist	<p>Mupirocin ointment 2% (15 gm); Betamethasone ointment 0.1% (15 gm); to which is added miconazole powder to a concentration of 2% miconazole; about 30 gm combined</p> <p>Apply sparingly to nipples/areolas after each feeding, do not wash or wipe off. Talk to your health care provider if you are considering use for over 10 days.</p>
Diflucan® (Fluconazole)	Oral	<p>Adult: 400 mg loading dose, then 100 mg twice daily for at least 2 weeks until pain free for a week</p> <p>Paediatric: loading dose of 6-12 mg/kg; then 3-6 mg/kg; children weighing 20-40 kg, 100 mg/day</p>
Nizoral® (Ketoconazole)	Oral tablets	<p>Adult: 200-400 mg/day single dose</p> <p>Paediatric: Children weighing less than 20 kg, 50 mg/day; children weighing 20-40 kg, 100 mg/day</p>

### References:

- Hale, T., & Rowe, H. (2017). *Medications & Mothers' Milk 2017*, 17th ed. New York, NY: Springer Publishing.
- International Breastfeeding Centre. (2014). All Purpose Nipple Ointment (APNO). Retrieved from <http://ibconline.ca/information-sheets/all-purpose-nipple-ointment-apno/>
- Wambach, K. (2016). Chapter 9: Breast-Related Problems. In K. Wambach & J. Riordan's *Breastfeeding & Human Lactation*, 5<sup>th</sup> ed. (pp. 319-357). Burlington, MA: Jones & Bartlett Learning.

Developed by Middlesex London Elgin Breastfeeding Coalition with representation from London Health Sciences Centre, Middlesex London Health Unit, Strathroy Middlesex General Hospital, St. Thomas Elgin General Hospital, and Elgin St. Thomas Public Health, April 2017.