



## Thrush

### What is Thrush

Thrush is easily treated usually with a pessary and cream and occasionally with an oral tablet also. Both these therapies are available over the counter by speaking to the pharmacist, without seeing a GP.

It can occur without any reason but is slightly more common after a course of antibiotics or if you are diabetic, pregnant or otherwise ill.

It is NOT considered a sexually transmitted disease.

For more information see;

<https://patient.info/sexual-health/vaginal-discharge-female-discharge/vaginal-thrush-yeast-infection>

### Pregnant ladies

The pessary is usually considered the safest option if you are pregnant, as with many medications in pregnancy this is off license and you will need a prescription as the pharmacist will not usually be able to issue this for you.

### Recurrent Infections

If you have recurrent multiple episodes in a short period (over a 2-3 months) it is recommended to call the practice to ensure the diagnosis is correct and to ensure there is no other reason why you may be getting these infections