

How can a person help prevent recurrent candidiasis?

Some people seem to be more likely to get candidiasis. The best way to avoid it coming back, is to avoid any triggers. You should see a doctor, who may check for any underlying conditions or diagnoses. Some of the following may be helpful:

- Wear loose cotton underwear and avoid tight clothing. For women this is important when wearing leggings or tights
- Uncircumcised men should gently wash and dry under their foreskin daily
- Wash genital skin with water only or a soap substitute such as aqueous cream (you can get this from a pharmacy)
- Avoid any deodorants, talcum powder or soaps on genital skin
- Avoid deodorised panty liners, bubble baths and vaginal douches
- Avoid spermicidal condoms and use only water-based lubricants such as wet stuff
- If you are prescribed antibiotics, think about asking for candidiasis treatment too

Contact us

Phone 0800 739 432 Monday to Friday to book your appointment at one of the Auckland Sexual Health Clinics or visit our website www.ashs.org.nz for more information around opening hours.

Greenlane Clinical Centre
Building 7 Level 3
Greenlane West

South Auckland
12 Waddon Place
Mangere

North Shore
418 Glenfield Rd
Glenfield

West Auckland
Totara Health Level 2
1 McCrae Way
New Lynn

This fact sheet is designed to provide you with information on disease. It is not intended to replace the need for a consultation with your doctor. People are strongly advised to check with their healthcare provider about any specific questions or concerns. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of publishing (2020).



Candidiasis

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What is candidiasis?

Commonly called thrush, candidiasis is caused by an overgrowth of a type of yeast (*Candida albicans*), this causes an allergic reaction creating inflammation.

This yeast is usually found in some areas of the body so it isn't really a sexually transmitted infection. Candidiasis is very common.

Often there isn't an obvious cause for candidiasis, but we do know there are some risk factors.

These factors include:

- Taking antibiotics
- Medical conditions like diabetes
- Pregnancy
- Skin conditions like eczema or dermatitis
- Conditions that affect the immune system such as HIV
- Tight clothing that can keep skin moist (e.g. wetsuits, synthetic underwear, lycra)

How do I know if I've got candidiasis?

Women

Women might notice redness, itching and irritation, or burning when you pee and/or a thick white vaginal discharge.

Candidiasis can be confirmed by taking a swab from inside the vagina. You can take the swab yourself, or we can take it during an examination.

Men

Men might notice itching and redness on the head of the penis (known as balanitis).

Some men find symptoms are more noticeable after sex. Sometimes the itchiness is located in the groin area.



What is the treatment?

Candidiasis can be treated with antifungal creams (inserted into the vagina for 3 days) or with oral tablets. People with recurrent or ongoing candidiasis might need longer treatment.

Do my sexual partners need treatment?

Candidiasis is not usually sexually transmitted so partners don't often need treatment. But if a partner is having any symptoms they should be treated.

