

**Appointment line: 07768 921673.**

Use this number to book appointments for any of the clinics. If your problem is urgent, we will do our best to help you be seen as soon as possible. If you have any questions please contact us to speak to a member of staff. If you leave a message we will return your call as soon as possible.

**Your own GP** – Your doctor should be able to help you if you have any sexual health concerns, or advise you where you can go.

**Family Planning in Lanarkshire** – 07789 928710  
For details of your nearest family planning service

**Lanarkshire HIV, AIDS and Hepatitis Centre**  
– 01236 712247 (24-hour answering service)

**Sexual Health Line** – 0800 567 123

This line gives advice on all sexually transmitted infections. Lines are open 24 hours. The call is free and the phone number will not appear on your landline bill. Mobile phone costs vary.

**Gay & Lesbian Switchboard** – 0141 847 0447  
7pm to 10pm, [www.sgls.co.uk](http://www.sgls.co.uk)

**Equal** – [www.equalonline.co.uk](http://www.equalonline.co.uk)

Sexual health information website for Lesbian, Gay and Bisexual Community in the West of Scotland

If you are sexually active, sexual health clinics are happy to see you for a routine check-up, even if you are feeling well.

For more information, or other leaflets, contact:

**Health Promotion Resource Library**, First Floor,  
Law House, Airdrie Road, Carluke ML8 5ER  
Phone: 01698 377600 Fax: 01698 377726

[www.lanarkshiresexualhealth.org](http://www.lanarkshiresexualhealth.org)

Design: Health Promotion  
Pub. Date: Dec 2007 Review Date: Dec 2008 Issue No: 4 Author: BBV/SH team, GU Medicine & Family Planning Contact: Sexual Health team, Health Promotion Tel: 01698 377623

Leaflet code:  
**1464 Thr**



# Thrush

Sexual Health Information



## What is thrush?

Thrush is an infection that normally affects women and appears in the vagina. There are other kinds of thrush that can affect the mouth and throat, but these are less common.

## Are there any other names for it?

Thrush is also called candidiasis.

## Is it common?

Yes, lots of women have thrush at some time in their life. It is not technically an Sexually Transmitted Infection though it can, occasionally, be passed on through sexual activity.

## What causes it?

It is caused by a yeast called candida, which usually lives harmlessly in the body but can multiply to cause an infection.

## What are the symptoms?

Thrush might cause itching, soreness and swelling around the vagina, or a thick white discharge. You may also feel discomfort when passing urine or during sex.

## Where can I be treated?

If you think you have thrush, or are worried about any infection, you can get treatment from your family doctor or at a genitourinary medicine (GUM) clinic.

## How is thrush treated?

Thrush can be treated by tablets (either to put straight into your vagina (pessaries) or to take by mouth) and by using a soothing cream around the genital area.

You can get the tablets and the cream from pharmacies.

There are also certain natural bacteria that can help soothe the infection, and these are found in live natural yoghurt.

If you would like to try this, make sure you have live natural yoghurt (sometimes called 'Bio' yoghurt), dip a tampon into it and put it into your vagina.

## Will it come back?

Some women have repeated bouts of thrush. To help prevent thrush coming on:

- avoid wearing nylon underwear or tight jeans (as these may help the yeast develop in a moist, warm environment);
- after going to the toilet, avoid getting germs into the vagina by always wiping from front to back;
- some women can get thrush after taking antibiotics (if this is the case, you can ask your doctor for treatment for thrush if he or she is going to put you on antibiotics);
- avoid using vaginal deodorants, perfumed soaps and disinfectants; and
- do not clean the inside of your vagina (known as douching).

## Does my partner need to be treated?

Men whose partners have thrush can develop symptoms. If this happens, treatment is to bathe the affected area in salt water or to use cream, if this is unsuccessful.

## How to stay sexy and healthy

Using condoms and lubricant means more comfort and safety. Not using any, or not using enough lube can make condoms more likely to break or come off. If used correctly, 'regular thickness' condoms and lubricant can be just as safe for anal sex. Don't use the same condom for more than 45 minutes. Check the condom is okay regularly and apply more lube each time. Condoms come in all shapes and sizes - use the right one for you. You can get free condoms and safer sex advice from any GUM clinic.

## 'C' Card Scheme

You can get free condoms and lube from more than 75 outlets, including some pharmacies, across Lanarkshire.

Phone 01698 85 55 88 or visit [www.lanarkshiresexualhealth.org](http://www.lanarkshiresexualhealth.org) to find your nearest outlet.