

Thrush



Thrush is an infection caused by the Candida organism.

Signs and Symptoms in Mom

- Breast pain not improved with better latch
- Itchy or burning nipples
- Red, shiny, or flaky nipples
- Cracked nipples
- Shooting pains during or after breastfeeding
- Deep breast pain

Signs and Symptoms in Baby

- White patches on gums, cheeks, or tongue
- Diaper rash
- Clicking sound when nursing
- Repeatedly pulling off the breast
- Gassiness and fussiness

Contact your doctor if you suspect you have thrush. Both you and your baby may need to be treated. Symptoms may get worse before improving.

Causes

- Taking antibiotics
- Sore or cracked nipples
- Chronic illness such as diabetes or anemia

After Thrush is Diagnosed

- Continue to breastfeed
- Take all medications as prescribed
- Wash hands often
- Breastfeed on the least painful side first
- Boil bottle nipples, pacifiers, and pump parts for 20 minutes. Allow to cool completely before use.
- Boil toys that come in contact with baby's mouth. Allow to cool completely before use.
- Wash bras, nursing pads, etc. in very hot water
- Keep nipples dry

Comfort Measures

- Air dry your nipples after each feeding

Visit www.womenshealth.gov/breastfeeding for more information.

**THE LATCH
IS KEY.
WE CAN HELP.**

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