

What is candida vaginitis (CV)?

Candida is a common yeast that normally lives inside the body and on the skin without causing any problems. Sometimes, an overgrowth of candida in the vagina can lead to symptoms. When this happens, it is called candida vaginitis or vaginal candidiasis, more commonly known as thrush or a yeast infection.

Women most likely to experience candida vaginitis include pregnant women, people on hormonal contraception or hormone replacement therapy, those who have recently taken antibiotics, and people with diabetes or a weakened immune system.

What are the symptoms of Candida Vaginitis (CV)?

- ✓ Change in color, odor, or amount of vaginal discharge
- ✓ Vaginal itching, irritation, or soreness
- ✓ Pain during sex
- ✓ Pain or discomfort when urinating

I'M NOT EXPERIENCING SYMPTOMS

If you tested positive for candida and are not experiencing any symptoms then treatment is not necessary.

Why? — It is estimated that 20% of women normally live with candida without any symptoms or problems relating to it. This is because the candida is still balanced out by healthy bacteria. It is when symptoms occur due to an imbalance of candida that treatment is provided to clear those symptoms. You can still follow our tips for a healthy vagina below to avoid the chance of developing a candida imbalance and symptoms.

I'M EXPERIENCING SYMPTOMS

If you are experiencing symptoms, then treatment can help clear these.

What do I need to know about treatment?

If you are prescribed medication for candida vaginitis, please make sure to take it as prescribed. Your medication should not be shared with anyone.

If you tested positive for candida glabrata then it is important to know that it can resist treatment by some medications. It is important to talk to your healthcare provider who can advise you on which treatment is best for you.

Can I still have sex?

Candida vaginitis can develop unrelated to sexual contact and is not considered to be an STI. It's not completely necessary to avoid sexual contact, but symptoms of candida can resolve faster if sexual contact is avoided until treatment is completed. It is often recommended to avoid sex until your candida vaginitis has cleared up if sex is uncomfortable.

Be aware that the antifungal creams prescribed for candida vaginitis can damage condoms and diaphragms and this means that your contraception might not work.

Should my partner(s) be treated?

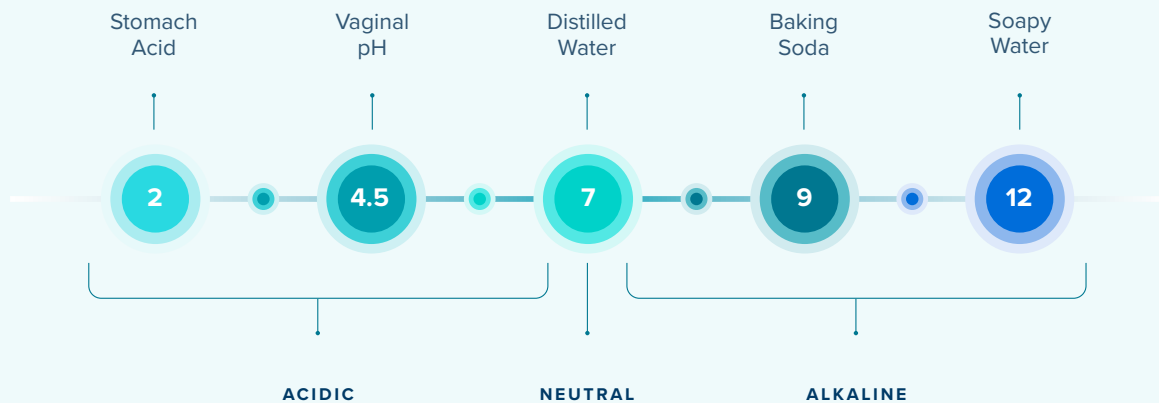
It is not necessary for your partner to be tested or treated for candida unless they are experiencing symptoms.

How can I prevent a repeat infection?

Unfortunately, some women experience repeat candida vaginitis infections. There are a few things you can do to help promote a healthy balance in your vagina and reduce your chances of a repeat infection. Talk to your healthcare provider if you are experiencing repeat infections

Tips for a healthy vagina

Vaginal pH Scale



1 — Avoid douching or too much washing of your vaginal area

Vaginal douching with soaps, wipes, or perfumes upset the PH balance of your vagina. Your vagina is an acidic environment and scented or strong soaps, baking soda, and many other commercial products people sometimes use to douche, are alkaline (the opposite of acidic). Overwashing upsets the natural environment of your vagina hurting the “good” bacteria and allowing “bad” bacteria and candida yeast to thrive. When you do need to wash, only use the minimum amount of mild soap on the outside if needed, and use only water on the inside.

2 — Wear cotton underwear

You like to breathe fresh air and so does your vagina. Cotton is a breathable fabric that allows air to circulate around your vagina to reduce moisture build-up in the air around your vagina and keep it healthy. Cotton also absorbs any extra moisture produced by normal vaginal discharge.

3 — Avoid tight clothing

Tight jeans or pants around your vagina restrict airflow and increase moisture build-up making it the perfect environment for candida to grow. Wearing loose breathable fabrics helps promote a healthier environment for your vagina.

4 — Stay hydrated

Drinking enough water is important for your entire body including your vagina. Dehydration can impact the healthy function of your vagina and worsen imbalances.

5 — Choose lubricants carefully

Silicone and water-based lubricants are less likely to cause irritation. The vagina’s natural PH level is between 3.8–4.5, look for lubricants with PH levels of around 4.

6 — Always wipe front to back

When going to the toilet, always wipe front to back to avoid unwanted bacteria getting into the vagina and causing infection or upsetting the balance.

7 — Look after your overall health

A healthy body is a healthy vagina. Your vagina isn’t siloed from your body. Eating healthy foods, exercising, and looking after your whole body and overall health will ultimately benefit your vagina too.