

# Thrush

## What is Thrush?

Thrush is an overgrowth of yeast that is usually found in your baby's mouth and/or on your nipples. You may be more at risk for thrush if you have recently used antibiotics or steroids, had a vaginal yeast infection, or have damaged nipples.

### Signs baby may have thrush include:

- o White patches in the mouth and on the tongue that do not rub off.
- o A rash that does not heal.
- o Change in normal feeding pattern; baby may be fussy, gassy, or have shorter or erratic feedings.



Source: Mayo Clinic

### Signs mom may have thrush include:

- o Sudden burning, itching, or stabbing pain in the breast or nipple.
- o Red, shiny, or flaky skin on or around nipples.

## What Can I Do to Help?

### Always call your healthcare providers if you suspect you or your baby have thrush.

- Both you and your baby must be treated at the same time. It is important to complete your treatment as prescribed.
- Continue to breastfeed or extract your milk like normal.
- Wash your hands and baby's hands often.
- Wash and sanitize all items that come in contact with your breast or baby's mouth at least once per day while being treated including bras, breast pads, breast pump, bottle parts, pacifiers, or toys. Discard items you can't sanitize.

### Additional things to consider if you or your baby have thrush:

- Do not freeze breast milk for later use.
- Limiting high-sugar foods, yeast, or dairy may help some women.
- Keep your nipples as dry as possible to limit yeast growth.
- Call your healthcare provider and work with a lactation consultant if thrush symptoms do not resolve with treatment.

### Additional information:

- If you have any questions or concerns, call your local WIC clinic.



- Call Ohio's 24-hour Breastfeeding Hotline at 888-588-3423.
- Find a lactation consultant or find help at [www.ohiobreastfeedingalliance.org/breast-feedinghelp.html](http://www.ohiobreastfeedingalliance.org/breast-feedinghelp.html)
- [www.kellymom.com](http://www.kellymom.com)

