

## **MONILIA/Yeast Infection**

Many women experience a common vaginal infection during pregnancy called Monilia, Yeast, or Candida Albicans. It is caused by fungus that is normal present in the vagina. Monilia is common during pregnancy because of constant hormonal changes. It is important to clear up Monilia as soon as possible to avoid the discomforts that it can cause. Also, when your baby passes through your vagina during birth, Monilia can enter the baby' s mouth and cause an infection called thrush. This infection can then spread to your breasts during breastfeeding, causing sore, painful nipples.

### **Signs and Symptoms:**

- ❖ Vaginal itching, dryness, burning or soreness
- ❖ Inflammation inside and outside of your vagina
- ❖ White discharge that may look like small cottage cheese
- ❖ Pain or discomfort during sexual intercourse
- ❖ Pain or burning with urination

### **PREVENTION:**

- ❖ Eliminate sugar foods and beverages from your diet. Monilia feeds on the sugar released from dying cells in the vagina.
- ❖ Wear only white, cotton underwear or none at all. Monilia grows best in warm, moist areas. Increased air circulation can help inhibit Monilia growth.
- ❖ Avoid tight pants, girdles, and pantyhose.
- ❖ Wipe from front to back after using the bathroom
- ❖ Avoid scented toilet paper, vaginal deodorant sprays, douches, and deodorant pads/tampons.

### **NATURAL RECOMMENDATIONS:**

- ❑ Acidophilus tablets or capsules. Place one in your vagina every night before bed for one week.
- ❑ Garlic. Carefully peel a clove of garlic, trying not to nick it. Cover clove of garlic with olive oil and wrap in a single gauze. Insert it into your vagina overnight for three nights. Do this for three nights with fresh garlic. Eating lots of garlic helps also.
- ❑ There are some homeopathic suppositories such as Femicine or Yeast-Guard that can be purchased at health food stores. Follow the directions on the box.

After one week of using natural remedies you should see a significant improvement. If not, you may need to visit a doctor for treatment. It is helpful to continue all of the natural treatments in addition to your doctor' s treatments, except those inserted into the vagina.

There are some doctor-recommended preparations such as Gyne-Lotrim cream/suppositories or Monistat cream/suppositories. Read the package directions. These treatments can generally be purchased at most grocery stores and pharmacies.

Do not have sexual relations until signs and symptoms of Monilia have ceased, especially if your vagina is sore. *Your sexual partner should bathe daily and males should wash their penis with baking soda or apple cider vinegar diluted in water. This will help avoid reinfection by passing Monilia spores back into the vagina.*