

Yeast

(sometimes called monilia or candida)

Yeast vaginitis is caused by an overgrowth of a common fungus, which causes itching and discharge from the vagina. Sometimes it can cause a skin rash on the penis. A yeast infection is not considered an STI (sexually transmitted infection).

Is it spread from one person to another?

Not usually. Yeast is normally found in small amounts in the vagina. Sometimes it grows too much and can cause problems. Very occasionally people with vaginal yeast infections will have sex partners who get redness or irritation of the penis.

What do I look for?

Vaginal infections:

- White, “cottage cheese” discharge from the vagina.
- Severe itching around the vagina and vulva.
- Burning sensation with sex or with urination.

Penile infections:

- More common in uncircumcised people
- Small dots and/or redness on the head of the penis
- Itching/burning sensation under the foreskin

What else can cause yeast infections?

- Diabetes
- Pregnancy
- Antibiotic medicines
- Sometimes birth control pills can cause yeast to overgrow.
- Untreated HIV infection

What might help?

- Avoid tight pants, girdles, nylon underwear, tights or pantyhose with a nylon crotch, and spandex pants. Sleep in loose, breathable clothing.
- Use water-based lubricant with vaginal sex to avoid irritation to the vagina, especially when using condoms.
- Use plain lubricated latex condoms.

If you think you have a yeast infection but have not seen a doctor yet:

- Use only warm or cool water for washing your genitals (no soap, hot water or washcloth).
- Avoid scratching. Use cold water on a cloth if itching is severe.
- If this is your first time with this problem, get a check-up because it could be another type of infection.
- Recurrent herpes is often mistaken for a yeast infection. Let your clinician check it out.

How is yeast treated?

Medicines you can buy at drugstores without a prescription are:

- **Vaginal infections:** anti-fungal medication to apply inside the vagina in cream, tablet or suppository form. One day treatments can be irritating to the vagina. Three or seven-day treatment options may be less irritating.
- **Penile infections:** Any cream for jock itch or athlete's foot can be used.

Do not use these medicines internally just before you come in for an exam. A clinician may not be able to detect yeast once medicine has been placed in the vagina. Your clinician may prescribe other medicines available only with a prescription.

NOTICE: Some of these treatments are oil-based and can make condoms or diaphragms leak or break. Wait 3 days after use before using condoms or diaphragms.

For more information:

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

General STI

www.ashasexualhealth.org (also in Español)
www.cdc.gov/std/
www.sfcityclinic.org
www.sfsi.org/

Contraception and STI/sex info

www.bedsider.org

Teens

www.iwannaknow.org
www.kidshealth.org/teen (also in Español)
www.scarleteen.com

For a STI check-up or treatment,
see your health care provider, local clinic, or come to:



A landmark in prevention

City Clinic
356 7th Street
(between Folsom and Harrison)
San Francisco, CA 94103
(628) 217-6600
www.sfcityclinic.org