
Thrush

Thrush is caused by yeast that grows in moist dark areas such as the mother's nipples and milk ducts and the baby's mouth and diaper area. Symptoms may begin suddenly, often after a time of pain free nursing.

Mothers may have:

- Red, itchy tender or burning nipples.
- Increased nipple soreness that is not improved with changing latch and positioning.
- Pain radiating from the nipples into the breast.

Baby may have:

- White patches inside the mouth, cheeks or tongue that do not rub off with a cloth.
- Diaper rash on the bottom that is red and patchy and does not get better when using diaper creams.
- Gassiness or fussiness.
- Refusing to latch or pulling off the breast repeatedly.

What to do?

- Continue to breastfeed your baby.
- Rinse your nipple area with warm water after each feeding, pat dry, then air dry.
- Call your health care provider or local public health unit. Both you and your baby will need to be treated to prevent passing thrush back and forth between you.

