



Kapa'a Pediatrics, LLC

## Thrush

**Thrush** is an overgrowth of yeast-like fungus in the mouth. A common sign of oral thrush are white patches on the gums, tongue, or inside of cheeks. These patches are not easily wiped off. For an infant that is not immunocompromised, thrush is not an urgent or emergent medical issue.

### Prevention and Treatment:

- Breastfeeding mothers should avoid wearing breast pads when possible as the moisture increases fungal growth on the nipple
- Boil pacifiers and feeding equipment (5 to 7 minutes while infection is present)
- Wash toys in hot water (toys baby chews on)

### Home remedies:

1. Eating natural yogurt or taking acidophilus capsules: Make a paste with acidophilus powder by using water or breastmilk and rub this once a day in baby's mouth, or put 1 teaspoon in formula once a day if bottle feeding.
2. Grapefruit seed extract. Make grapefruit extract by adding 5 drops of grapefruit extract to ½ cup of cooled boiled water. Use grapefruit seed solution at least 3 or 4 times a day.
3. Vinegar. One teaspoon of white vinegar to one cup of water, use a cotton swab to put onto your baby's mouth. If thrush is severe, the solution may sting. Use a new cotton swab after each feeding.
4. Baking soda. Level a teaspoon of baking soda into one cup of water, use a cotton swab to wipe your baby's cheeks, gums, and tongue after every feeding. Make a fresh solution every day.

### Prescription:

- Nystatin, is the first line medication used. Shake bottle very well, pour small amount into cup and use cotton swab or clean finger to wipe onto checks, under the tongue, roof of mouth, and gums. Apply about ½ ml to each side of the mouth.
- If you are breastfeeding remember to also apply the medication to your nipples.
- It can take a few weeks before the thrush is gone. It is important to use this medication as prescribed FOUR times per day. Stop using this medication 2-3 days after ALL white areas have resolved.
- There can be resistance to nystatin. After a week of use, if the thrush is not responding, call us for a different medication.

### When to call your doctor:

- Poor feeding, increased fussiness, or fever.
- Thrush is getting worse after a week of Nystatin use, or lasts more than 3 weeks with no improvement.

\*\*\* Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician.  
(808) 634-8011\*\*\*