

“I don’t know why I was so freaked out about a yeast infection.”

“At first I was embarrassed. But when I confided in my friend Sheri, I found out that yeast infections are pretty common. I also found out they’re not considered an STD, which was a huge relief. When I told her my doctor suggested I try MONISTAT®1, she was like, duh, I could’ve told you that my doctor recommended MONISTAT® too.”

-Stephanie, 21

So what is a yeast infection?

A vaginal yeast infection is a common condition inside the vagina caused by an overgrowth of yeast (*Candida*) that normally live in the vagina. Your doctor may call this infection “monilia” or “*candidiasis*”. Some women may have burning, itching, or irritation on the skin outside the vagina (vulva) at the same time that they have a vaginal yeast infection.

What are the symptoms of a yeast infection?

When you have a vaginal yeast infection, you may have one or more of the following symptoms: vaginal itching, vaginal discharge that may be thick, white and lumpy like cottage cheese, vaginal soreness, irritation or burning, rash or redness on the skin outside the vagina (vulva), burning upon urination, and painful vaginal intercourse (sex).

If this is your first yeast infection, it’s important to talk with your doctor first to confirm the diagnosis. Not sure what to ask? There are some questions about your first yeast infection to discuss with your doctor below. **Once your doctor has confirmed it’s a yeast infection, take a deep breath and reach for MONISTAT®.** MONISTAT® is the number-one brand to cure a yeast infection among OTC (over-the-counter) treatments.

Here are some things that have been associated with preventing yeast infections:

- Avoid scented hygiene products like bubble bath, sprays, pads, and tampons
- Change tampons and pads often during your period
- Avoid tight underwear or clothes made of synthetic fibers
- Wear cotton underwear and pantyhose with a cotton crotch
- Change out of wet swimsuits and exercise clothes as soon as you can
- If you keep getting yeast infections, be sure and talk with your doctor

NOTE: Vaginal yeast infections do NOT cause fever, chills, lower abdominal, back or shoulder pain, foul-smelling vaginal discharge, or a missed period. These may be signs of a sexually transmitted disease (STD) or a tubal pregnancy. If you have these symptoms, call your doctor right away.

First Time Sufferer Yeast Infection Questions

Take this list of questions about yeast infections with you the next time you visit your doctor.

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| <input type="radio"/> Besides the symptoms that I have, are there other symptoms that are common signs of a vaginal yeast infection? | <input type="radio"/> Once I start using a treatment, how long will it take before I feel relief? |
| <input type="radio"/> What could be causing my vaginal yeast infection? | <input type="radio"/> Do I have any health conditions that may increase my risk of contracting or complicating a yeast infection? |
| <input type="radio"/> If I do have a yeast infection, would a MONISTAT®1, 3 or 7-day treatment be more appropriate for me? | <input type="radio"/> If I get another yeast infection, is it all right to treat myself with an OTC product such as MONISTAT®, or do I need to call you first? |
| <input type="radio"/> Would I get faster relief from discomfort and irritation with an over-the-counter (OTC) topical cream like MONISTAT® or an oral prescription? | <input type="radio"/> What should I tell my partner about my yeast infection? |
| <input type="radio"/> Will my treatment interact with any OTC or prescription medications I’m taking? | <input type="radio"/> Are yeast infections transferable? |
| | <input type="radio"/> When can I resume sexual relations? |