

“Love being pregnant. Hate the raging hormones.”

“I had a feeling my yeast infection was caused by my crazy hormones, but since I was pregnant, I went to my doctor, just to make sure everything was OK.”

~ Cherisse, 29

Hormones and yeast infections go hand in hand.

A vaginal yeast infection is a common condition caused by an overgrowth of yeast (*Candida*) that normally live in the vagina, and women who are pregnant may be more likely to get a vaginal yeast infection. While it usually poses no major negative effect on pregnancy, its symptoms can cause a great deal of discomfort if not treated quickly. If you are pregnant and think you have a vaginal yeast infection, you should talk to your doctor before using a product. The Centers for Disease Control and Prevention (CDC) recommends only 7-day topical therapy with a class of drugs called azoles in pregnant women.* Azole type drugs are found in over-the-counter yeast infection treatments like MONISTAT®.

* CDC's 2010 STD Treatment Guidelines

If you are pregnant, or think you may be pregnant, speak to your doctor before using any products to treat your symptoms. To help you with the process, we've provided some questions to discuss with your doctor that address yeast infections during pregnancy.

Pregnant & New Moms Yeast Infection Questions

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

- ☐ Are there any issues specific to being pregnant, nursing or being a new mom and having a yeast infection that I should know about?
- ☐ Should I always see a doctor if I think that I have a yeast infection while I'm pregnant? What about if I'm nursing?
- ☐ If I get a yeast infection, what treatments are safest for my baby and me?
- ☐ Why does the CDC recommend a topical azole over oral fluconazole for women who are pregnant?*
- ☐ Would I get faster relief from discomfort and irritation with an over-the-counter (OTC) topical cream like MONISTAT® or an oral prescription?
- ☐ Do I need a different dosage or product if I have a yeast infection while pregnant?
- ☐ Once I start using a treatment, how long will it take before I feel relief?

*VVC frequently occurs during pregnancy. According to the CDC, topical azole therapies applied for 7 days are recommended for use among pregnant women. For more information see the CDC's website: <http://www.cdc.gov/std/treatment/2010/vaginal-discharge.htm#vvcpreg>