



Thrush

Thrush a *fungus* can be normal on your skin but if it overgrows and moves to your nipples – ouch!

Thrush loves warmth and moisture so nipples can be a lush breeding ground, especially if your breast pads, bra or clothes are damp most of the time. Sometimes baby might get it first and then spread it to you, or the other way around.

This issue can be a cause of nipple pain weeks later, just when you think painful nipples were behind you. Some of us are prone to vaginal thrush too.

Your nipples may look pink, red, a bit flaky or spotty and they really burn after feeds.

If you have any of these symptoms, talk to your midwife or GP.

They can take a look and check your baby for symptoms too, as they may or may not have thrush in their mouth, or a rash on their bottom.

A prescription is often necessary, alongside some home remedies.



Home remedies for thrush:

- Wash your hands well before and after feeds.
- Wash your nipples several times a day using a weak baking soda or vinegar solution
- If using artificial teats, pump parts, breast shells or nipple shields – wash these in hot soapy water and boil daily. Wash like dishes, boil like peas!
- Sterilising solution doesn't work well for thrush
- Wash breast pads and bras daily and dry in the sun or the dryer
- Eat natural, unsweetened yoghurt and avoid sugary or yeasty foods (like bakery buns)

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If you and baby have been treated for thrush and you are still having pain, the problem might be something else

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