

NHS TAYSIDE

The following guidance has been produced to aid the diagnosis, treatment and management of breast thrush and highlights relevant information for health professionals and guidance on prescribing by NHS Education Scotland.

DIAGNOSIS OF LACTATING BREAST THRUSH

Guide to Diagnosis of Thrush on/in the Lactating Breast	Y	N
An agonising pain in both breasts	✓	
Pain is felt equally in both breasts	✓	
Pain AFTER every feed	✓	
No change in nipple colour after feeds	✓	
No change in nipple shape after feeds	✓	
Frenectomy has been performed where required	✓	
Positioning and attachment assessment has identified no issues	✓	
Oral swab +ve for <i>Candida albicans</i>	✓	

If the mother responds with no to any of these questions reconsider diagnosis of breast thrush, especially in an infant < 6 weeks of age.

For help with the diagnosis of nipple pain the Breastfeeding Network have produced the following information sheet:

http://www.breastfeedingnetwork.org.uk/pdfs/Differential_Diagnosis_of_Nipple_Pain_March_2009.pdf

For further guidance on 'Thrush and Breastfeeding' the Breastfeeding Network have produced a new leaflet featuring frequently asked questions:

<http://www.breastfeedingnetwork.org.uk/thrush-and-breastfeeding.html>

TREATMENT OF LACTATING BREAST THRUSH

NHS Education Scotland Medicines and Mothers: Challenges in Breastfeeding website <http://www.breastfeeding.nes.scot.nhs.uk/topic4/intro.html> provides guidance to all staff working with breastfeeding mothers. This website has been updated in 2012 with new information in relation to prescribing and breast thrush.

Mother	Product	Review
Superficial breast thrush	Miconazole cream 2%	1 week
Deep breast thrush	Fluconazole 300mg loading dose 150mg for at least 10 days	10 days Review diagnosis

<http://www.breastfeeding.nes.scot.nhs.uk/topic4/fluconazole.html>

Infant	Product	Review
Infant < 4 months	Nystatin oral suspension	1 week
Infant > 4 months	Miconazole oral gel 24mg/ml x four times daily	1 week

http://www.breastfeeding.nes.scot.nhs.uk/topic4/treating_thrush.html

If symptoms have **not improved** at all after a 10 day course combined with topical treatment, re-consideration should be given to whether the diagnosis was correct rather than continuing to treat the mother and child.

Dr Morag Martindale, Lead Clinician, Perth and Kinross CHP
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Ref: NHS Tayside (2013) *Pregnancy and Postnatal Empirical Treatment of Infection Guidance*.