

NHS TAYSIDE SEXUAL & REPRODUCTIVE HEALTH SERVICE (TRSH)

TREATMENT OF VULVOVAGINAL CANDIDIASIS

- Patients presenting to TRSH are likely to be more heavily pretreated with a higher risk of non albicans/azole resistance species, severe/frequent episodes, alternative or overlapping pathologies.
- Refer to existing clinical guidance for initial treatment of VVC.
- Exclude pre-disposing factors (rule out pregnancy; test for diabetes, HIV and iron deficiency; stop or switch SGLT-2 inhibitors if possible), support genital skin care (use showers instead of baths where possible and avoid bath products, do not douche, use emollients instead of soaps or feminine hygiene products when washing externally), consider adding adjunctive antihistamine for itch.
- TRSH service may use this guidance to advise on treatment to other prescribers.
- NHST formulary guidance should be followed for treatments that require to be dispensed via hospital pharmacy.

