



London Health Sciences Centre

Patient Information

YEAST OVERGROWTH APPENDIX B:

Antifungal Medication to Treat Yeast Overgrowth

To Be Used with the Handout “Yeast Overgrowth”

- There are several antifungal medications that are helpful in treating yeast overgrowth.
- Yeast resistance to antifungal medication is common. If a medication does not clear the yeast overgrowth, a different treatment should be tried.
- Some medications can be bought over the counter without a prescription; some require a prescription from your health care provider.
- Consider buying a generic brand as it may be less expensive.
- Talk to your health care provider before using any medication or combining medications with antifungal treatments.

Over the Counter Antifungal Medications

Medication Name	Type of Preparation	Usual Dosage
Canesten® 1% (Clotrimazole 1%)	Creams, solutions, vaginal cream, vaginal tablet	<i>Skin cream:</i> Apply twice daily <i>Vaginal cream or tablet:</i> 100 mg/day for 7 days or 200 mg/day for 3 days
Monistat® (Miconazole)	Skin cream or lotion, vaginal cream, vaginal suppository	<i>Skin cream or lotion:</i> Apply 3-4 times per day <i>Vaginal cream or suppository:</i> 100 mg/day for 7 days

Prescription Antifungal Medications

Medication Name	Type of Preparation	Usual Dosage
Mycostatin® (Nystatin)	Suspensions, cream, powders, ointment, vaginal suppository	<p><i>Oral suspension:</i></p> <p>Adult: 1.5-2.4 million units/day divided into 3-4 doses</p> <p>Infant: 400,000-800,000 units/day divided into 3-4 doses</p> <p><i>Topical:</i> 1 million units applied twice/day for at least 2 days after symptoms disappear</p> <p><i>Vaginal:</i> 1-2 million units/day</p>
Newman's All Purpose Nipple Ointment (APNO)	Ointment mixed by a pharmacist	Mupirocin ointment 2% (15 gm); Betamethasone ointment 0.1% (15 gm); to which is added miconazole powder to a concentration of 2% miconazole; about 30 gm combined
Diflucan® (Fluconazole)	Oral	<p>Adult: 400 mg loading dose, then 100 mg twice daily for at least 2 weeks until pain free for a week</p> <p>Paediatric: loading dose of 6-12 mg/kg; then 3-6 mg/kg; children weighing 20-40 kg, 100 mg/day</p>
Nizoral® (Ketoconazole)	Oral tablets	<p>Adult: 200-400 mg/day single dose</p> <p>Paediatric: Children weighing less than 20 kg, 50 mg/day; children weighing 20-40 kg, 100 mg/day</p>

References:

- Hale, T. (2019). *Medications & Mothers' Milk 2019*. New York, NY: Springer Publishing.
- International Breastfeeding Centre. (2017). All Purpose Nipple Ointment (APNO). Retrieved from <http://ibconline.ca/information-sheets/all-purpose-nipple-ointment-apno/>
- Wambach, K. (2016). Chapter 9: Breast-Related Problems. In K. Wambach & J. Riordan's *Breastfeeding & Human Lactation*, 5th ed. (pp. 319-357). Burlington, MA: Jones & Bartlett Learning.

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