



BC Centre for Disease Control
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Yeast and Fungal Infections: Internal and External Genital Treatments

Medications for the treatment of symptoms caused by [yeast](#) and fungal infections are available "over-the-counter" (OTC), in the shelf selection area of a pharmacy. Oral treatment with fluconazole is available both OTC and by prescription.

This medication handout provides information about treatment with topical creams and vaginal inserts. For information about oral treatment option, see [fluconazole handout](#).

Treatment for Internal Genital / Vaginal Symptoms:

First Choice:

- Clotrimazole (Canesten®) vaginal inserts or cream for 3, 6 or 7 nights **OR**
- Miconazole (Monistat®, Micatin®) vaginal inserts or cream for 3, 6 or 7 nights

Alternate Treatment: if you have persistent symptoms following first choice treatment

- Boric Acid: 600mg intravaginal capsules inserted once a day for 14 days; discuss with your healthcare provider.

Treatment for External Genital Symptoms (genital rash, vulva, head of penis)

- Clotrimazole (Canesten®) or Miconazole (Monistat®, Micatin®) topical cream applied twice daily for 10 to 14 days
- If the rash does not clear, consult your health care provider to be reassessed.

Allergies

- Read the product information carefully before using

Pregnancy and Chest/Breastfeeding

- Clotrimazole and miconazole are safe for use in pregnancy and while chest/breastfeeding.

CAUTION

- **Drug Interactions:** Tell your healthcare provider if you are taking any prescription, non-prescription, herbal, or recreational products. Not all individual drug interactions are listed in this document.
- Please tell your healthcare provider if you are taking any **blood thinner** medications; miconazole may be contraindicated when taken with certain blood thinners

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Side Effects

- Read the product information carefully before self-selecting the recommended product. Consult your healthcare provider about what side effects may be experienced with product use.

Storage Instructions

- Store at room temperature between 15 and 30°C.
- Protect from light, heat, and moisture.
- Do not use medications beyond the printed expiry date.
- Keep away from the reach of children.

Special Instructions

- Read product information carefully and ask your healthcare provider if you have any questions
- If you are taking or have recently taken antibiotics for a bacterial infection, it is recommended that you use a full 6 to 7 day regimen to treat a vaginal yeast infection, rather than a shorter duration.
- Tell your healthcare provider if symptoms continue following treatment.
- Sexual partners do not require treatment unless they are experiencing symptoms.

If you have any questions or need more information,
please visit www.smartsexresource.com or contact your healthcare provider.