



## YEAST INFECTION

A Yeast Infection is caused by an overgrowth of bad bacteria in the genital areas. It is very common in pregnancy. Symptoms include: irritation, burning sensation, itchiness, increased discharge, sometimes foul smelling discharge, pain during intercourse or when urinating and sometimes swelling.

Since there are several types of yeast, these remedies are recommended:

- Yogurt—low sugar 3-6 cups a day • Tampon soaked plain yogurt overnight
- Garlic—1000-3000 mgs per day • Acidophilus— Probiotic 2x a day @ 14million
- Stay away from yeast products like; breads and sugars as this feeds the yeast
- Gentian Violet (ask the Pharmacist) - it stains everything, so use with gloves. Soak tampon in the purple solution and put inside your vagina overnight.
- Lastly you can use Monistat (miconazole nitrate)

If you experience worse symptoms or if the yeast does not resolve in 7 days, call me.

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