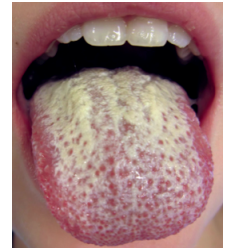


ORAL FUNGAL INFECTIONS (thrush)



ASK

- When did you notice the coating on your tongue?
- Does it wipe off or brush away?
- Have you had this before?
- Do you use inhalators, wear a denture or wear braces?
- Do you smoke?
- Do you have diabetes?
- Have you recently take antibiotics or are you on long term steroids?
- Do you have any signs of systemic symptoms e.g. high temperature, nausea or vomiting?



Fungal infections can present in babies, children and adults. Be aware that it may not always appear white; other symptoms may include redness, altered taste, soreness and this may lead to difficulty eating and drinking.



ADVICE

- Re-assure – this condition is usually harmless and easily treated
- See a doctor or dentist who can diagnose and prescribe an antifungal if necessary
- Even if you have no teeth, use a soft toothbrush to brush gums and tongue
- Sterilise bottles for children after use, and sterilise dummies regularly
- If using an inhaler, use a spacer device and rinse out with water after using this
- Visit the dentist regularly
- Change the toothbrush after having oral thrush to prevent reinfection



FOLLOW UP

- Long term oral fungal infection may be an indication of underlying infection which will need further investigation by a doctor



ALERT

- If the patient has a non-diagnosed white patch in their mouth that cannot be wiped away and has been present for over 2 weeks, this required URGENT dental assessment to exclude oral cancer



PHARMACY PRODUCT

Maintaining a clean mouth is very important if a person has a fungal infection
A person with thrush may be prescribed any of the following for oral candida:

- Nystatin (antifungal mouthwash) - Should be held in the mouth for a minute for maximum topical effect
- Fluconazole - A systemic medication, generally for more severe cases