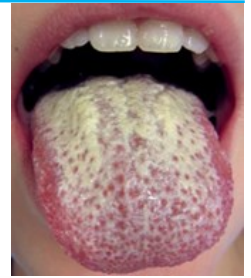


# ORAL FUNGAL INFECTIONS (thrush)



### 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 taken 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 be present in babies, children, and adults. Be aware that they may not always appear white; other symptoms may include redness, altered taste, soreness and this may lead to difficulty eating and drinking.



### ADVICE

- Reassure – this condition is usually harmless and easily treated
- Sterilise bottles for children after use, and sterilise dummies regularly
- 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
- Remove dentures overnight and store in plain water to avoid warping
- If using an inhaler, use a spacer device and rinse mouth with water after using this
- Visit the dentist regularly
- Change your toothbrush more often 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 requires URGENT dental assessment to exclude oral cancer



### PHARMACY PRODUCT

Maintaining a clean mouth is especially 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
- Miconazole Oral Gel – use in the mouth four times a day
- Fluconazole - A systemic medication, for more severe cases

## PHARMACY DENTAL FACT SHEET