

Thrush is a common but harmless fungal infection caused by Candida. Thrush occurs as well in breast-fed and as in bottle-fed babies.

Symptoms:

When the mother:

- is suffering from a burning, stabbing pain in the nipple or deep inside the chest during the entire feeding
- is suffering from a burning, stinging pain deep inside the chest that continues even after feeding
- is suffering from itchy or scaly nipples
- has nipples and / or areolas which are looking shiny and pink red
- is suffering from non-healing sore nipples despite good latching on

When the baby:

- is suffering from white patches in the mouth which are not easily to be rubbed away.
- is suffering from a shiny saliva, especially on the inside of the lips.
- is restless during breastfeeding and is pulling the nipple,
- is making clacking noises during drinking
- is suffering from flatulence
- is suffering from a persistent diaper rash

The symptoms are not often all present simultaneously. The use of antibiotics can increase the risk of gaining thrush. In that case you should be extra alert to any of the above mentioned symptoms.

How should you operate, in case there is a suspicion of thrush?

Contact the doctor for medication as well as for the baby and as for the mother even when only one of them has complaints.

Observe a good hygiene:

- Wash your hands after visiting the toilet, before and after feeding and before and after changing the diaper
- Take care no stranger is putting his fingers in the baby's mouth.
- Breast pads and spit cloths should be replaced at each feeding.
- Anything that has been in contact with the milk (like bedding, clothes, bras and spit cloths) should be washed daily at a temperature of 60 degrees or should be boiled (like the flask, the pacifiers and the bottles)

