

Candidiasis

What is candidiasis?

Candidiasis is an overgrowth of a yeast-like fungus. It is also known as candida or thrush.

Candidiasis is not considered a sexually transmissible infection.

How do I know if I have candidiasis?

Symptoms may include:

- genital itching and discomfort
- thick white discharge
- genital redness and inflammation
- discomfort with sexual activity

Candidiasis is diagnosed by taking a swab.

How can I get candidiasis?

You are more likely to have candidiasis if you:

- have diabetes
- are taking antibiotics, hormonal or steroidal medications
- have an impaired immune system.

What is the treatment for candidiasis?

Antifungal creams, pessaries or oral tablets are used to treat candidiasis. These can be purchased from pharmacies.

What else should I know?

Factors associated with candidiasis can include:

- Vaginal douching (this interferes with the healthy vaginal environment)
- Genital skin conditions such as eczema or dermatitis

Any ongoing or recurrent symptoms should be reviewed by a doctor/nurse.

Be aware that antifungal vaginal creams can damage and reduce the safety of condoms.

Screening for STIs

All sexually active people should consider regular testing for sexually transmissible infections.

Gold Coast Sexual Health Service offers express STI screening that is available without an appointment providing you:

- do not have symptoms
- have not been in contact with a sexually transmissible infection.

If you have symptoms, or have been in contact with an STI, contact Gold Coast Sexual Health Service for an appointment.

Check our website at: <https://www.goldcoast.health.qld.gov.au/our-services/sexual-health> for times and locations



Interpreter services

Gold Coast Health provides interpreter services for patients who are from non-English speaking backgrounds. If you require the assistance of an interpreter, please indicate this on your registration form and advise Gold Coast Health prior to your appointment.

Interpreter services are provided free of charge to all patients who require the service, including non-Medicare patients.



For further information or support, please contact:

Sexual health

Southport Health Precinct

16-30 High St, Southport, 4215

Phone: 1300 744 284