

Candida - female genital - Management

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Definition

- Uncomplicated vulvovaginal candidiasis is a symptomatic inflammation of the vagina and/or vulva caused by a superficial fungal infection, usually a *Candida* species. Such infections are:
 - Sporadic or infrequent, and
 - Mild-to-moderate, and
 - Likely to be due to *Candida albicans*, and
 - In women who are not pregnant, diabetic, immunocompromised, or debilitated.

How should I treat uncomplicated vulvovaginal candidiasis?

- Prescribe (or recommend over-the-counter purchase of) a [short course](#) (1–3 days) of an intravaginal antifungal (e.g. clotrimazole, econazole, or miconazole) or oral antifungal (e.g. fluconazole or itraconazole).
 - Choice of route and formulation depends upon a number of [factors](#), including the woman's preference.
 - For girls aged between 12 and 16 years, oral antifungals (itraconazole or fluconazole) are generally preferred over intravaginal treatments. However, intravaginal antifungals may be considered if the girl is sexually active, if she uses tampons, or if there is no other alternative.
- For vulval symptoms, consider using a topical imidazole cream (e.g. clotrimazole, or econazole) *in addition to* the oral or intravaginal antifungal.
- Advise the woman to return if symptoms have not resolved within 7–14 days.

[In depth](#)

How should I manage treatment failure in uncomplicated vulvovaginal candidiasis?

- Check that treatments have been used as recommended.
- Topical azole therapies can cause vulvovaginal irritation, so consider this if symptoms persist or worsen.
- Consider [alternative diagnoses](#) — wrong diagnosis is a common cause for treatment failure.
- Reassess for predisposing [risk factors](#), and remove or control as far as possible.
- Send a vaginal specimen for microscopy and culture.
- Treat:
 - If non-compliance has been a problem with an intravaginal imidazole, prescribe a [short course](#) of an oral antifungal (e.g. fluconazole or itraconazole).
 - If symptoms are improving, consider treating with a [longer course](#) of an oral (e.g. itraconazole or fluconazole) or an intravaginal (e.g. clotrimazole, econazole, or miconazole) antifungal.
 - For girls aged between 12 and 16 years oral antifungals (itraconazole or fluconazole) are generally preferred over intravaginal treatments. However, intravaginal antifungals may be considered if the girl is sexually active, if she uses tampons, or if there is no other alternative.
 - For vulval symptoms, consider prescribing a topical imidazole (e.g. clotrimazole, or econazole) cream in addition to an oral or intravaginal antifungal.
- Refer, or seek specialist advice, if:
 - Symptoms are not improving and treatment failure is unexplained.
 - Treatment fails again.
 - If diagnosis is unclear.

[In depth](#)

What general advice can I give about self-management of the current infection?

- Avoid local irritants (such as soaps and shower gels) and tight-fitting synthetic clothes.
- Probiotics (e.g. live yoghurts) may be used orally or topically. Although there is no evidence that they are effective, there is no evidence of (or concern about) adverse effects.

[In depth](#)

When should I treat the sexual partner of a woman with vulvovaginal candidiasis?

- Treat the sexual partner only if they are symptomatic.

[In depth](#)

Prescriptions

1st line intravaginal antifungals (1-3 days)

Age from 16 years onwards

Clotrimazole pessaries 200mg at night x3 nights

Clotrimazole 200mg pessaries
Insert one pessary into the vagina each night for 3 nights.
Supply 3 Pessary.

Age: from 16 years onwards

NHS cost: £3.63

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Clotrimazole 500mg pessary x1

Clotrimazole 500mg pessaries
Insert one pessary into the vagina at night.
Supply 1 Pessary.

Age: from 16 years onwards

NHS cost: £4.48

OTC cost: £7.49

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Clotrimazole 10% vaginal cream x1 night

Clotrimazole 10% vaginal cream

Insert one 5g applicatorful into the vagina at night as a single dose.
Supply 5 grams.

Age: from 16 years onwards

NHS cost: £5.13

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for advice.

Econazole 150mg pessaries x3 nights

Ecostatin 150mg pessaries

Insert one pessary into the vagina each night for 3 nights.

Supply 3 Pessary.

Age: from 16 years onwards

NHS cost: £3.35

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 150mg pessary x3 nights

Gyno-Pevaryl 150mg vaginal pessaries

Insert one pessary into the vagina each night for 3 nights.

Supply 3 pessary.

Age: from 16 years onwards

NHS cost: £2.95

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 150mg pessary x1 night.

Gyno-Pevaryl 1 vaginal pessaries 150mg

Insert one pessary into the vagina at night.

Supply 1 pessary.

Age: from 16 years onwards

NHS cost: £3.13

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Miconazole 1.2g vaginal ovule x1 night

Miconazole 1200mg vaginal capsules

Insert one ovule into the vagina at night.

Supply 1 Ovule.

Age: from 16 years onwards

NHS cost: £3.12

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

1st line intravaginal combipacks (1-3 days)

Age from 16 years onwards

Econazole 150mg pessaries (x3 nights) + 1% cream

Ecostatin Twin Pack

Insert one pessary high into the vagina each night for 3 nights, and apply cream to the outer affected area twice a day for 3 days.

Supply 1 Twin pack.

Age: from 16 years onwards

NHS cost: £4.05

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Clotrimazole 500mg pessary (x1 night) + 2% cream

Clotrimazole 500mg pessary and Clotrimazole 2% cream

Insert one pessary into the vagina at night for 1 night, and apply cream to the outer affected area 2 to 3 times a day for up to 7 days.

Supply 1 combi-pack.

Age: from 16 years onwards

NHS cost: £5.21

OTC cost: £10.95

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

1st line oral therapy (1 day)

Age from 12 years to 15 years 11 months

Fluconazole 150mg x1 day

Fluconazole 150mg capsules

Take the capsule as a single dose.

Supply 1 capsule.

Age: from 12 years to 15 years 11 months

NHS cost: £1.79

Licensed use: no

Age from 12 years onwards

Itraconazole 100mg capsules

Take two capsules twice a day for 1 day only.

Supply 4 capsules.

Age: from 12 years onwards

NHS cost: £3.90
Licensed use: yes

Age from 16 years onwards

Fluconazole 150mg x1 day

Fluconazole 150mg capsules
Take the capsule as a single dose.
Supply 1 capsule.

Age: from 16 years onwards
NHS cost: £1.79
OTC cost: £9.99
Licensed use: yes

Treatment failure-intravaginal antifungals (6-14 days)

Age from 16 years onwards

Clotrimazole 100mg pessaries x6 nights

Clotrimazole 100mg pessaries
Insert one pessary into the vagina each night for 6 nights.
Supply 6 pessary.

Age: from 16 years onwards
NHS cost: £3.63
Licensed use: yes

Clotrimazole 100mg pessaries x12 nights

Clotrimazole 100mg pessaries
Insert one pessary into the vagina each night for 12 nights.
Supply 12 pessary.

Age: from 16 years onwards
NHS cost: £7.26
Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Clotrimazole 200mg pessaries x6 nights

Clotrimazole 200mg pessaries
Insert one pessary into the vagina each night for 6 nights.
Supply 6 pessaries.

Age: from 16 years onwards
NHS cost: £7.26
Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 150mg pessaries x6 nights

Econazole 150mg pessaries
Insert one pessary into the vagina each night for 6 nights.

Supply 6 pessary.

Age: from 16 years onwards

NHS cost: £5.90

Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Treatment failure-intravaginal combipacks (7-14 days)

Age from 12 years onwards

Miconazole 2% vaginal cream x 7 nights

Miconazole 2% cream

Insert one 5g applicatorful into the vagina twice a day for 7 days, and apply cream to the outer affected area twice a day for 7 days.

Supply 1 combi pack.

Age: from 12 years onwards

NHS cost: £4.60

Licensed use: yes

Patient information: This product damages latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Age from 16 years onwards

Miconazole 2% vaginal cream x14 nights

Miconazole 2% cream

Insert one 5g applicatorful into the vagina each night for 14 nights, and apply cream to the outer affected area each night for 14 nights.

Supply 1 combi pack.

Age: from 16 years onwards

NHS cost: £4.60

Licensed use: yes

Patient information: This product damages latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Treatment failure-oral therapy (7 days)

Age from 12 years onwards

Itraconazole 200mg x7 days

Itraconazole 100mg capsules

Take two capsules once a day for 7 days.

Supply 14 capsules.

Age: from 12 years onwards

NHS cost: £17.03

Licensed use: no - off-label dose

Age from 16 years onwards

Fluconazole capsules: 100mg once a day for 7 days

Fluconazole 50mg capsules
Take two capsules once a day for 7 days.
Supply 14 capsules.

Age: from 16 years onwards
NHS cost: £4.14
Licensed use: yes

External cream (add on treatment)

Age from 12 years onwards

Clotrimazole cream 2% apply 2 to 3 times a day

Clotrimazole 2% cream
Apply to the affected area 2 to 3 times a day for up to 7 days
Supply 20 grams.

Age: from 12 years onwards
NHS cost: £3.70
OTC cost: £6.99

Licensed use: no - off-label indication

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 1% cream apply twice a day

Econazole 1% cream
Apply to the affected area twice a day for up to 7 days.
Supply 30 grams.

Age: from 12 years onwards
NHS cost: £3.21
Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Candida - female genital - Management

View full scenario



Definition

- In severe vulvovaginal candidiasis there is:
 - Extensive vulvar erythema
 - Oedema

- Excoriation
- Fissure formation

How should I treat severe vulvovaginal candidiasis?

- Send a vaginal specimen for microscopy and culture.
- Treat:
 - Treat with either two doses of oral fluconazole (150 mg) 3 days apart, or, if oral treatment is contraindicated, use two clotrimazole pessaries (500 mg) 3 days apart.
 - Choice of antifungal will depend upon a number of [factors](#), including the woman's preference.
 - For girls aged between 12 and 16 years, an oral antifungal (fluconazole) is generally preferred over intravaginal treatments. However, intravaginal antifungals may be considered if the girl is sexually active, if she uses tampons, or if there is no other alternative.
 - For vulval symptoms, consider using a topical antifungal cream (e.g. clotrimazole or econazole) *in addition to* an oral or intravaginal antifungal.
- Advise the woman to return if symptoms have not resolved within 7–14 days.

In depth

How should I manage treatment failure of severe vulvovaginal candidiasis?

- Consider [alternative diagnoses](#) — a wrong diagnosis is a common cause for treatment failure.
- Reassess for predisposing [risk factors](#), and remove or control as far as possible.
- Send a vaginal specimen for culture.
- Manage:
 - If non-compliance has been a problem with an intravaginal imidazole, prescribe a course of oral fluconazole 150 mg (2 doses 3 days apart).

- If non-compliance has been a problem with oral fluconazole, prescribe clotrimazole pessaries 500 mg (2 doses 3 days apart).
- For vulval symptoms, consider prescribing a topical imidazole cream in addition to an oral or intravaginal antifungal.
- For girls aged between 12 and 16 years, offer oral fluconazole.
- In this age group oral antifungals are generally preferred over intravaginal treatments. However, intravaginal antifungals may be considered if the girl is sexually active, if she uses tampons, or if there is no other alternative.
- Refer, or seek specialist advice, if:
 - Symptoms have not improved and treatment failure is unexplained.
 - Treatment fails again.

[In depth](#)

What general advice can I give about self-management of the current infection?

- Avoid local irritants (such as soaps and shower gels) and tight-fitting synthetic clothes.
- Probiotics (e.g. live yoghurts) may be used orally or topically. Although there is no evidence that they are effective, there is no evidence of (or concern about) adverse effects.

[In depth](#)

When should I treat the sexual partner of a woman with vulvovaginal candidiasis?

- Treat the sexual partner only if they are symptomatic.

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Prescriptions

Clotrimazole/severe candida

Age from 16 years onwards

Clotrimazole 500mg pessary x2 doses

Clotrimazole 500mg pessaries

Insert one pessary into the vagina at night and repeat after 3 days

Supply 2 Pessary.

Age: from 16 years onwards

NHS cost: £7.60

Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Oral fluconazole/severe candida

Age from 12 years onwards

Fluconazole 150mg x2 doses

Fluconazole 150mg capsules

Take one capsule, then repeat after 72 hours.

Supply 2 capsule.

Age: from 12 years onwards

NHS cost: £3.04

Licensed use: off-label duration

External cream (add on treatment)

Age from 12 years onwards

Clotrimazole cream 2% apply 2 to 3 times a day

Clotrimazole 2% cream

Apply to the affected area 2 to 3 times a day for up to 7 days

Supply 20 grams.

Age: from 12 years onwards

NHS cost: £3.70

OTC cost: £6.99

Licensed use: no - off-label indication

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 1% cream apply twice a day

Econazole 1% cream

Apply to the affected area twice a day for up to 7 days.

Supply 30 grams.

Age: from 12 years onwards

NHS cost: £3.21

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

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Definition

- Recurrent vulvovaginal candidiasis is defined (for research purposes) as the occurrence of four or more episodes within a year.
- In decisions about investigation, treatment, and referral, clinical judgement should be used when classifying a woman as having recurrent vulvovaginal candidiasis.

How do I manage recurrent vulvovaginal candidiasis infection?

- Eliminate or control predisposing [risk factors](#) as far as is practical.
- Take a high vaginal swab for microscopy and speciated culture to confirm the diagnosis, and identify the presence of:
 - Non-albicans *Candida* species.
 - A mixed infection such as candidiasis with bacterial vaginosis or trichomoniasis (up to 10% of infections are mixed). See the CKS topics on [Bacterial vaginosis](#) and [Trichomoniasis](#).
- Consider alternative diagnoses if a woman has recurrent or persistent symptoms.
- Treat the presenting episode with a longer induction course. Two options are:
 - Fluconazole 150 mg every 72 hours for 3 doses, or
 - Topical imidazole therapy for 10–14 days according to symptomatic response.
 - Seek specialist advice for the treatment of recurrent non-albicans *Candida* species infections.
 - For vulval symptoms, consider using a topical antifungal cream, *in addition to* the oral or intravaginal antifungal.

- For future management offer:
 - *Either* 'treatment as required' with a prescription to be used if symptoms recur,
 - *Or* a 'maintenance regimen' with 6 months of an oral or intravaginal antifungal (off-licence use).
 - Follow up after the maintenance period has been completed.
 - If, after completing a course of maintenance therapy, vulvovaginal candidiasis recurs infrequently, treat each episode independently. If recurrent disease is troublesome, repeat the induction and maintenance regimens.
- Choice of antifungal regimen:
 - The choice of antifungal and route (oral or intravaginal) will depend upon a number of [factors](#). Most women prefer oral products to intravaginal creams or pessaries, especially for longer-term use.
 - For girls between 12 and 16 years old, offer oral fluconazole or itraconazole (off license uses) for induction, maintenance or 'treatment as required'. However, intravaginal antifungals may be considered if the girl is sexually active, if tampons are being used, or if there is no other alternative.

[In depth](#)

When should I treat the sexual partner of a woman with vulvovaginal candidiasis?

- Treat the sexual partner only if they are symptomatic.

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What advice can I give about self-management of future episodes?

- If a similar episode occurs in the future, oral and topical treatments can be bought at pharmacies, and no prescription will be required.
- Over-the-counter products should not be used *over the longer term* without medical advice.
- To return for assessment by a healthcare professional if the woman:

- Is under 16 or over 60 years of age.
- Is pregnant.
- Has symptoms that are not entirely consistent with a previous episode.
- Has had two episodes in 6 months, and has not consulted a healthcare professional about the condition for more than a year.
- Has had a previous sexually transmitted infection (herself or her partner).
- Has had a previous adverse reaction to an antifungal drug, or antifungal drugs have proved ineffective.

[In depth](#)

Prescriptions

Induction therapy

Age from 12 years onwards

Fluconazole 150mg x3 doses

Fluconazole 150mg capsules
 Take one capsule every 3 days for 9 days
 Supply 3 capsules.

Age: from 12 years onwards
NHS cost: £1.41
Licensed use: off-label duration

Itraconazole 200mg x7 days

Itraconazole 100mg capsules
 Take two capsules once a day for 7 days.
 Supply 14 capsules.

Age: from 12 years onwards
NHS cost: £17.03
Licensed use: no - off-label dose

Age from 16 years onwards

Clotrimazole 200mg pessaries x6 nights

Clotrimazole 200mg pessaries
 Insert one pessary into the vagina each night for 6 nights.
 Supply 6 pessaries.

Age: from 16 years onwards
NHS cost: £7.26
Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Clotrimazole 200mg pessaries x12 nights

Clotrimazole 200mg pessaries
Insert one pessary into the vagina each night for 12 nights.
Supply 12 pessaries.

Age: from 16 years onwards

NHS cost: £14.52

Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Maintenance therapy (2-month supply)

Age from 12 years onwards

Fluconazole 150mg x2 doses

Fluconazole 150mg capsules
Take one capsule on the same day once a week
Supply 8 capsule.

Age: from 12 years onwards

NHS cost: £3.76

Licensed use: off-label duration

Age from 16 years onwards

Clotrimazole 500mg pessary x1

Clotrimazole 500mg pessaries
Insert one pessary into the vagina at night once a WEEK.
Supply 8 pessary.

Age: from 16 years onwards

NHS cost: £35.84

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Itraconazole 400mg once a month

Itraconazole 100mg capsules
Take two capsules twice in one day once a MONTH.
Supply 8 capsules.

Age: from 16 years onwards

NHS cost: £7.80

Licensed use: no - off-label dose

As required therapy (1-3 days) intravaginal

Age from 16 years onwards

Clotrimazole pessaries 200mg at night x3 nights

Clotrimazole 200mg pessaries
Insert one pessary into the vagina each night for 3 nights.
Supply 3 Pessary.

Age: from 16 years onwards
NHS cost: £3.63
Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Clotrimazole 500mg pessary x1

Clotrimazole 500mg pessaries
Insert one pessary into the vagina at night.
Supply 1 Pessary.

Age: from 16 years onwards
NHS cost: £4.48
OTC cost: £7.49
Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Clotrimazole 10% vaginal cream x1 night

Clotrimazole 10% vaginal cream
Insert one 5g applicatorful into the vagina at night as a single dose.
Supply 5 grams.

Age: from 16 years onwards
NHS cost: £5.13
Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for advice.

Econazole 150mg pessaries x3 nights

Ecostatin 150mg pessaries
Insert one pessary into the vagina each night for 3 nights.
Supply 3 Pessary.

Age: from 16 years onwards
NHS cost: £3.35
Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 150mg pessary x3 nights

Gyno-Pevaryl 150mg vaginal pessaries
Insert one pessary into the vagina each night for 3 nights.
Supply 3 pessary.

Age: from 16 years onwards

NHS cost: £2.95

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 150mg pessary x1 night.

Gyno-Pevaryl 1 vaginal pessaries 150mg
Insert one pessary into the vagina at night.
Supply 1 pessary.

Age: from 16 years onwards

NHS cost: £3.13

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Miconazole 1.2g vaginal ovule x1 night

Miconazole 1200mg vaginal capsules
Insert one ovule into the vagina at night.
Supply 1 Ovule.

Age: from 16 years onwards

NHS cost: £3.12

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

As required oral therapy (1 day)

Age from 12 years to 15 years 11 months

Fluconazole 150mg x1 day

Fluconazole 150mg capsules
Take the capsule as a single dose.
Supply 1 capsule.

Age: from 12 years to 15 years 11 months

NHS cost: £1.79

Licensed use: no

Age from 12 years onwards

Itraconazole 100mg capsules
Take two capsules twice a day for 1 day only.
Supply 4 capsules.

Age: from 12 years onwards

NHS cost: £3.90

Licensed use: yes

Age from 16 years onwards

Fluconazole 150mg x1 day

Fluconazole 150mg capsules
Take the capsule as a single dose.
Supply 1 capsule.

Age: from 16 years onwards
NHS cost: £1.79
OTC cost: £9.99
Licensed use: yes

External cream (add on treatment)

Age from 12 years onwards

Clotrimazole cream 2% apply 2 to 3 times a day

Clotrimazole 2% cream
Apply to the affected area 2 to 3 times a day for up to 7 days
Supply 20 grams.

Age: from 12 years onwards
NHS cost: £3.70
OTC cost: £6.99

Licensed use: no - off-label indication

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 1% cream apply twice a day

Econazole 1% cream
Apply to the affected area twice a day for up to 7 days.
Supply 30 grams.

Age: from 12 years onwards
NHS cost: £3.21
Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

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Definition

- Vulvovaginal candidiasis is a symptomatic inflammation of the vagina and/or vulva caused by a superficial fungal infection, usually a *Candida* species.

- Vulvovaginal candidiasis during pregnancy is considered to be *complicated vulvovaginal candidiasis*, because it requires more intensive treatment than uncomplicated vulvovaginal candidiasis.

How should I manage vulvovaginal candidiasis in women who are pregnant?

- Treat with [intravaginal](#) clotrimazole or miconazole for at least 7 days.
- Advise the woman that care should be taken when using an applicator during pregnancy to avoid physical damage to the cervix. Some women prefer to insert pessaries by hand when pregnant.
- For vulval symptoms consider using a topical imidazole cream (e.g. clotrimazole), in addition to an intravaginal imidazole.
- *Do not use oral antifungals* such as fluconazole and itraconazole.
- Advise the woman to return if symptoms have not resolved within 7–14 days.

[In depth](#)

How should I manage treatment failure in women who are pregnant?

- Check that treatments have been used as recommended.
- Consider [alternative diagnoses](#).
- Reassess for other predisposing [risk factors](#), and remove or control as far as possible.
- Send a vaginal specimen for culture.
- Manage:
 - Give general advice about avoiding local irritants (such as soaps and shower gels) and tight-fitting synthetic clothes.
 - If symptoms are improving, consider giving a second course of an intravaginal antifungal (clotrimazole or miconazole).
 - *Do not use oral antifungals* such as fluconazole or ketoconazole.

○ For vulval symptoms, consider prescribing a topical imidazole cream (e.g. clotrimazole) in addition to an intravaginal imidazole.

▪ Refer, or seek specialist advice if:

○ Compliance has been a problem because of adverse effects.

○ Symptoms are not improving and treatment failure is unexplained.

[In depth](#)

When should I treat the sexual partner of a woman with vulvovaginal candidiasis?

▪ Treat the sexual partner only if they are symptomatic.

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Prescriptions

Intravaginal antifungals (7-14 days)/pregnancy

Age from 16 years onwards

Clotrimazole 100mg pessaries x12 nights

Clotrimazole 100mg pessaries

Insert one pessary into the vagina each night for 12 nights.

Supply 12 pessary.

Age: from 16 years onwards

NHS cost: £7.26

Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Intravaginal antifungals (7-14 days)/combi packs/pregnancy

Age from 12 years onwards

Miconazole 2% vaginal cream x 7nights

Miconazole 2% cream

Insert one 5g applicatorful into the vagina twice a day for 7 days, and apply cream to the outer affected area twice a day for 7 days.

Supply 1 combi pack.

Age: from 12 years onwards

NHS cost: £4.60

Licensed use: yes

Patient information: This product damages latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Age from 16 years onwards

Miconazole 2% vaginal cream x14 nights

Miconazole 2% cream

Insert one 5g applicatorful into the vagina each night for 14 nights, and apply cream to the outer affected area each night for 14 nights.

Supply 1 combi pack.

Age: from 16 years onwards

NHS cost: £4.60

Licensed use: yes

Patient information: This product damages latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

External cream (add-on treatment)

Age from 12 years onwards

Clotrimazole cream 2% apply 2 to 3 times a day

Clotrimazole 2% cream

Apply to the affected area 2 to 3 times a day for up to 7 days

Supply 20 grams.

Age: from 12 years onwards

NHS cost: £3.70

OTC cost: £6.99

Licensed use: no - off-label indication

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Candida - female genital - Management

View full scenario



How should I manage vulvovaginal candidiasis in women who have poorly controlled diabetes or who are immunocompromised?

- For women who have poorly controlled diabetes or who are immunocompromised (e.g. receiving immunosuppressant drugs such as long-term corticosteroids, or with HIV/AIDS):
 - Correct modifiable conditions (e.g. uncontrolled diabetes).
 - Give general advice to avoid local irritants (such as soaps and shower gels) and tight-fitting synthetic clothes.

- Treat with [long courses](#) (7 days) of oral antifungals (e.g. fluconazole or itraconazole) or intravaginal antifungals (e.g. clotrimazole, econazole, or miconazole) for 6–14 days.
- Choice of treatment will depend upon a number of [factors](#), including patient preference.
- For vulval symptoms, consider using a topical imidazole cream (e.g. clotrimazole, or econazole), in addition to an oral or intravaginal antifungal.
- For girls aged between 12 and 16 years, offer a 7 day course of an oral antifungal (fluconazole or itraconazole). However, an intravaginal antifungal may be considered if the girl is sexually active, if tampons are being used, or if there is no other alternative.
- Advise the woman to return if:
 - Symptoms have not resolved within 7–14 days.
 - She becomes systemically unwell.

[In depth](#)

[How should I manage treatment failure in women who have poorly controlled diabetes or who are immunocompromised?](#)

- Check that treatments have been used as recommended.
- Review the [clinical evidence](#) on which vulvovaginal candidiasis was diagnosed.
- Consider [alternative diagnoses](#).
- Reassess for other predisposing [risk factors](#), and remove or control as far as possible.
- Send a vaginal specimen for culture.
- Manage:
 - Give general advice about avoiding local irritants (such as soaps and shower gels) and tight-fitting synthetic clothes.

- If compliance has been a problem with an intravaginal imidazole, prescribe a course (7 days) of an [oral antifungal](#) (e.g. fluconazole or itraconazole).
- If compliance has been a problem with oral antifungal, then prescribe a course (6–14 days) of [intravaginal](#) imidazoles (e.g. clotrimazole, econazole, or miconazole).
- For girls between 12 and 16 years old, offer a 7 day course of oral antifungal (fluconazole or itraconazole). However, an intravaginal antifungal may be considered if the girl is sexually active, if tampons are being used, or if there is no other alternative.
- Refer, or seek specialist advice, if:
 - Treatment failure is unexplained.
 - Treatment fails again.
 - The woman develops systemic symptoms.

[In depth](#)

Prescriptions

Intravaginal antifungals (6-14 days)/diabetes

Age from 16 years onwards

Clotrimazole 100mg pessaries x6 nights

Clotrimazole 100mg pessaries
 Insert one pessary into the vagina each night for 6 nights.
 Supply 6 pessary.

Age: from 16 years onwards
NHS cost: £3.63
Licensed use: yes

Clotrimazole 200mg pessaries x6 nights

Clotrimazole 200mg pessaries
 Insert one pessary into the vagina each night for 6 nights.
 Supply 6 pessaries.

Age: from 16 years onwards
NHS cost: £7.26
Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Clotrimazole 100mg pessaries x12 nights

Clotrimazole 100mg pessaries
Insert one pessary into the vagina each night for 12 nights.
Supply 12 pessary.

Age: from 16 years onwards

NHS cost: £7.26

Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 150mg pessaries x6 nights

Econazole 150mg pessaries
Insert one pessary into the vagina each night for 6 nights.
Supply 6 pessary.

Age: from 16 years onwards

NHS cost: £5.90

Licensed use: off-label duration

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Intravaginal antifungals (7-14 days)/combi packs/diabetes

Age from 12 years onwards

Miconazole 2% vaginal cream x 7 nights

Miconazole 2% cream
Insert one 5g applicatorful into the vagina twice a day for 7 days, and apply cream to the outer affected area twice a day for 7 days.
Supply 1 combi pack.

Age: from 12 years onwards

NHS cost: £4.60

Licensed use: yes

Patient information: This product damages latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Age from 16 years onwards

Miconazole 2% vaginal cream x14 nights

Miconazole 2% cream
Insert one 5g applicatorful into the vagina each night for 14 nights, and apply cream to the outer affected area each night for 14 nights.
Supply 1 combi pack.

Age: from 16 years onwards

NHS cost: £4.60

Licensed use: yes

Patient information: This product damages latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Oral antifungals (7 days)/diabetes

Age from 12 years onwards

Fluconazole 100mg x7 days

Fluconazole 50mg capsules

Take two capsules once a day for 7 days.

Supply 14 capsules.

Age: from 12 years onwards

NHS cost: £3.56

Licensed use: no - off-label dose

Itraconazole 200mg x7 days

Itraconazole 100mg capsules

Take two capsules once a day for 7 days.

Supply 14 capsules.

Age: from 12 years onwards

NHS cost: £17.03

Licensed use: no - off-label dose

External cream (add on treatment)

Age from 12 years onwards

Clotrimazole cream 2% apply 2 to 3 times a day

Clotrimazole 2% cream

Apply to the affected area 2 to 3 times a day for up to 7 days

Supply 20 grams.

Age: from 12 years onwards

NHS cost: £3.70

OTC cost: £6.99

Licensed use: no - off-label indication

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.

Econazole 1% cream apply twice a day

Econazole 1% cream

Apply to the affected area twice a day for up to 7 days.

Supply 30 grams.

Age: from 12 years onwards

NHS cost: £3.21

Licensed use: yes

Patient information: This product may damage latex condoms and diaphragms. If condoms or the diaphragm are your main method of contraception, please ask your pharmacist or doctor for further advice.