

# What is vaginal thrush or a yeast infection?

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Vaginal thrush or a yeast infection is caused by a fungus called candida. Candida lives on the skin around the vagina normally. It is usually harmless but if it multiplies or grows too much then it may cause thrush.

Thrush is not a sexually transmitted infection, but sex can sometimes cause irritation inside the vagina, making it easy for candida to grow. Candida grows well in places that are warm, moist and airless. The symptoms of thrush are:

- an odourless white creamy discharge (this discharge can be thick or watery) with itching in the vagina
- redness and discomfort outside and around the vagina
- burning or soreness
- pain during sex or when peeing

These symptoms may go away on their own but if they do not, there are treatments available. The treatment for thrush usually doesn't need a prescription, so you can get it from any pharmacy. If the thrush does not go away after treatment that you can buy over the counter at a pharmacy, talk to a doctor or nurse to make sure you do not have an STI.