

GENITAL TRACT INFECTIONS

Vaginal Candidiasis

Part of the **Antimicrobial Prescribing Guidelines for Primary Care**

Only consider offering treatment to patient if symptomatic irrespective of whether high vaginal swab is positive for Candida.

SELF-CARE:

Intravaginal clotrimazole can be purchased over-the-counter for the self-treatment of vulvovaginal candidiasis – [APC patient information here](#).

However:

- It should not be used long term without medical advice, and
- Assessment by a healthcare professional is indicated in certain cases, for example in girls younger than 16 years, women older than 60 years, or if the person develops systemic symptoms.

Treatment	Dose	Duration of TX
Uncomplicated vulvovaginal candidiasis:		
Clotrimazole 10% intravaginal cream	ONE 5g applicatorful	Single dose
OR Clotrimazole 500 mg pessary	ONE pessary	Single dose
OR Fluconazole 150 mg oral capsule (Avoid in pregnancy)	ONE capsule	Single dose
OR Clotrimazole 100mg pessary	ONE at night	6 nights
If there are vulval symptoms, consider (in addition to intravaginal clotrimazole):		
Clotrimazole 1% cream	TWO to THREE times a day	7 days
Girls 12 – 15 years (including in those that are pregnant)		
Do not prescribe an intravaginal or oral antifungal. See also guidance on vulvovaginitis in children .		
Clotrimazole 1% cream Or seek specialist advice	TWO to THREE times a day	7 days
Pregnancy: 16 years & older		
Do not prescribe an oral antifungal		
Clotrimazole 100mg pessary <i>Advise that care should be taken when using an applicator to avoid physical damage to the cervix. Some women prefer to insert pessaries by hand when pregnant.</i>	ONE at night	7 nights
If there are vulval symptoms, consider (in addition to intravaginal clotrimazole):		
Clotrimazole 1% cream	TWO to THREE times a day	7 days

- Advise the women to return if symptoms have not resolved after 7 days
- Women 60 years and older may prefer an oral antifungal because of the ease of administration.
- All topical and oral azoles give over 80% cure.
- Latex condoms and diaphragms are damaged by the contents of pessaries. Advice should be given on alternative methods of contraception.
- Undertake sampling to confirm diagnosis, especially if persistent or recurrent.
- Only consider offering treatment to partners if symptomatic.
- If patients are not registered at a practice, signpost to an integrated sexual health clinic.
- Candida vaginitis / vulvitis can be caused by fluconazole resistant strains.
- With recurrent or difficult cases, consider referral to an integrated sexual health clinic.

Further information:

NICE CKS: [Candida – female genital](#)

NICE / PHE: [Summary of antimicrobial prescribing guidance – managing common infections](#)

Vaginal Candidiasis		
V2.1	Last reviewed: 17/09/20	Review date: 17/09/2023



Version Control- Vaginal Candidiasis			
Version	Author(s)	Date	Changes
2.1	Jill Theobald, Interface Efficiencies Pharmacist	17/09/2020	<ul style="list-style-type: none"> • More comprehensive information about dosing in pregnancy. • Added self-care information • Added information for treatment of girls aged 12-15 • Added advice for if there are vulval symptoms All changes are in line with NICE and PHE guidance.