

Rationale

Oral thrush is a minor condition that can be treated without the need for a GP consultation or prescription. It can easily be treated with simple over the counter preparations like miconazole.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate.
- Advise patients of safe and effective self-care measures:
 - Practice good oral hygiene
 - Sterilise dummies and bottles regularly and wash hands after nappy changes as infection can spread through the digestive system
 - Rinse the mouth after eating or taking medication
 - Sterilise dentures regularly and take them out at night for at least 6 hours. Avoid ill fitting dentures.
 - Stop smoking
 - Breast feeding mothers can get nipple thrush if their babies have oral thrush. Apply the cream to the nipples after every feed and remove any that's left before the next feed.
 - Health visitors can advise parents of babies and young children.
- Advise patients to seek advice medical attention and consider treatment with a prescription in the following circumstances:
 - There is a widespread of infection
 - Treatment fails to improve symptoms after 7 days
 - The patient is immunocompromised.

Example of products available to buy over the counter*

Daktarin sugar free oral gel® (miconazole 2%) – **Not licensed for 1st 5-6 months of a pre-term infant (~£6.00 for 15g)**

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/>

*Prices correct at time of writing and are subject to change

