

Clinical Pharmacy Lab

oral thrush

Clinical Pharmacists
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Introduction

- Thrush (candidiasis) is a fungal infection, which occurs commonly in the mouth , oral thrush in babies can be treated by pharmacist .



What you need to know

1. Age (infant, child, adult, elderly).
2. Affected area (surface of the tongue and inside of cheeks).
3. Appearance (white patches known as plaques).
4. Previous history (recurrent infection is uncommon).
5. Medication (antibiotics, immunosuppression)(suppression of normal bacterial flora allowing overgrowth of fungal infection).

What you need to know

- Cytotoxic therapy and steroids inhalation predispose to thrush, patients using inhaled steroids for asthma are prone to oral thrush because steroids deposited at the back of the throat during inhalation, rinsing throat with water after using the inhaler may be helpful

When to refer

1. Recurrent infection.
2. All except babies.
3. Failed medication.

Management

- Antifungal agents
- Miconazole (Daktarin® oral gel)

Is the only available OTC medicine to treat oral thrush is miconazole oral gel, preparation containing nystatin are also effective but are restricted to prescription only.

Miconazole gel should be applied to the plaques using a clean finger four times a day after food in adults and children over 6 years and twice in younger children and infants.

Management

- For young babies can be applied by cotton buds, gel should be retained in mouth as long as possible, and should be continued for two clear days after symptoms gone to ensure that all infection eradicated.
- Miconazole gel should not be recommended for patients taking anticoagulants, interaction occur with warfarin leading to increase in bleeding time

Case study

- A young mother asks for something to treat her baby mouth, you look inside baby mouth and see white patches on the tongue and inside cheeks. The baby is 8 week old and has had the patches for 2 days: at first his mother thought they were milk curds. He had some antibiotic syrup last week for chest infection and finished it yesterday. The baby is not taking any other medicines and his mother has not given him anything to treat the symptoms yet, and he has no other symptoms.

Case study

- The pharmacists view
- Miconazole oral gel is recommended to use for this baby, he has a thrush infection following antibiotic therapy, mother should use 2.5ml of gel twice daily after feeds, applying to the inside of the mouth and tongue, if any symptoms have not gone after one week, the baby should be seen by the doctor.

