



# ORAL THRUSH

## COMMON CHILDHOOD AILMENTS

### SYMPTOMS

Oral Thrush is a common fungal infection called Candida, it can be common in babies. It can look like cottage cheese (a white coating) on the tongue and cannot be easily wiped off. There can also be white spots in their mouth. Babies with oral thrush may not want to feed.



### INCUBATION

Once Oral Thrush has been treated the symptoms should improve within a couple of days.

Remember - good hand hygiene is very important.



### TREATMENT

It can be easily treated with a mouth gel or oral suspension from a local pharmacy or GP. The gel/suspension is suitable for anyone over 4 months.

Please note: Sometimes the back of the tongue may be white just from milk pooling, this is not oral thrush.



### TOP TIPS

See your GP or Health Practitioner if your baby is under 4 months old.

You can continue to breastfeed your baby.  
Wash and sterilize dummies, teats and any toys that your baby puts in their mouth.



### FURTHER SUPPORT



Go to [111.nhs.uk](https://111.nhs.uk)



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