

Vaginal Candidiasis

- It is not recognized as STI. It is fungal infection.

Vaginal Candidiasis signs and symptoms

- pruritus (itching) or a burning sensation of the vulva and
- vaginal soreness or irritation.
- Other clinical manifestations include pain during sexual intercourse (dyspareunia) and dysuria.
- If there is discharge, it characteristically is curdy, white or creamy and thick. The discharge is not always curd-like (sometimes described as cottage-cheese-like in character) but can vary from watery to homogeneously thick.

Vaginal Candidiasis Diagnosis

- Syndromic (both in high risk and low risk women): vulvar pruritis/burning.
 - The main complaint should be expressed spontaneously. A patient should now get an open question; “what is your main complaint”. It should not be an elicited complaint (= in answer to the question “do you have pruritus?”).
- Speculum and laboratory examination:
 - Vulvar erythema ($\pm$ discharge) or
 - candida (+)
 - usually KOH smell (-) and pH $\leq$ 4.5

Vaginal Candidiasis Treatment

1st Line treatment	2nd Line treatment
• Clotrimazole vag ¹⁰ 500mg stat (before sleeping) OR • Fluconazole ² 150mg stat	• Clotrimazole vag ¹⁰ 200mg OD x 3days or • Ketoconazole 200mg OD x7days

- Health education for vaginal care is important.
 - Vagina is self-cleaning. Only the vulva should be cleaned with water. Excessive washing or chemicals can be irritating.
 - Keep the vulva dry and remember to always wipe front-to-back after using the toilet.

¹⁰ Clotrimazole is oil based and might increase condom accidents.
Therefore, Fluconazole is preferred for SWs

² Ciprofloxacin, Fluconazole and Podophyllin should not be used for pregnant or lactating women. Ciprofloxacin should not be used in children < 16yrs. Doxycycline not for children < 8yrs.

References

- WHO STI guideline 2021
- MAM STI guideline 2023