

# Yeast Infection

# **Candida (Yeast) Infection**

Yeast organisms occur naturally in the genital area. A yeast infection is caused by having too many yeast organisms in the vagina or on the penis. Although it can spread between sex partners, a yeast infection is not considered a sexually transmitted infection (STI) because it can occur without having sex.

# Symptoms

Vaginal symptoms include:

- Itching
- Soreness
- Burning
- Thick discharge (similar to cottage cheese)

Penile symptoms include:

- Itching
- Rash

# Testing

Health care providers test for yeast infections in the vagina by swabbing the vagina and testing the sample. They diagnose yeast infections of the penis with a visual exam.

## **Treatment**

Yeast infections of the vagina can be cured with pills or with medication inserted into the vagina, such as creams or suppositories. Yeast infections of the penis can be cured with pills or with creams applied to the penis. Many of these treatments are available without a prescription.

## **Why Get Treatment**

If left untreated, yeast infections can cause discomfort.

## **Sex Partners**

Sex partners do not need to be treated for yeast infections.

# Yeast Infection and Pregnancy

We do not know of any serious effects of having a yeast infection during pregnancy.

New York City Sexual Health Clinics provide confidential, low- to no-cost services including STI and HIV testing.

To find a clinic, visit  
**[nyc.gov/health/clinics](https://nyc.gov/health/clinics)**.

