

English	简体中文 Simplified Chinese (Mandarin)
<p>Thrush</p> <p>Thrush is usually caused by a yeast fungus called candida albicans. It isn't a sexually transmitted infection.</p> <p>Candida albicans usually lives harmlessly on the skin and in the mouth, gut and vagina.</p> <p>Occasionally, however, signs and symptoms can develop. This is commonly known as thrush, thrush infection or candida.</p> <p>How do I get thrush?</p> <p>Your chances of developing thrush increase if you:</p> <ul style="list-style-type: none"> • are pregnant • wear tight clothing (such as tight jeans) or synthetic clothing (such as nylon underwear) 	<p>霉菌感染</p> <p>霉菌感染通常是由一种称为白色念珠菌的酵母菌引起的。这不是性传播感染。</p> <p>白色念珠菌通常生活在皮肤、口腔、肠道和阴道中，对人体无害。</p> <p>但是，偶尔会出现先兆和症状。这通常称为霉菌、霉菌感染或念珠菌。</p> <p>我如何感染的霉菌？</p> <p>如果您属于以下情况，霉菌感染的机率会增加：</p> <ul style="list-style-type: none"> • 怀孕中 • 穿紧身衣服（例如紧身牛仔裤）或合成纤维衣服（例如尼龙内裤） • 在服用抗生素 • 正在进行化疗

- are taking antibiotics
- are having chemotherapy
- have uncontrolled diabetes, HIV or other illnesses that affect your immune system
- use products that may irritate the vagina, such as vaginal deodorant or perfumed bubble bath or shower gel

Symptoms of thrush

Some people won't have any signs or symptoms at all. If you do get symptoms you might notice:

- itching
- soreness and redness or fissures (like paper cuts) around the vagina or anus
- unusual, white discharge from the vagina that may be thick and look like cottage cheese – it sometimes smells yeasty
- pain when peeing or having sex

Testing for thrush

- 患有无法控制的糖尿病、艾滋病毒或其他影响免疫系统的疾病
- 使用可能会刺激阴道的产品，例如阴道除臭剂或加香的泡泡浴或沐浴露

霉菌感染的症状

有些人完全不会有任何先兆或症状。如果您确实出现症状，您可能会注意到：

- 瘙痒
- 阴道或肛门周围有酸痛、发红或裂痕（像被纸划破）
- 阴道白带异常、可能粘稠，且看起来像农家乳酪—有时闻起来像酵母
- 排尿或性交时疼痛

检测霉菌感染

如果您认为自己患有霉菌感染，您可以在全科医生诊所、当地的性健保服务部门或某些药房进行测试。

If you think you may have thrush, a test can be done at your GP practice, your local sexual health service or in some pharmacies.

It's not always necessary to have a test for thrush. If you do have a test, a doctor or nurse may:

- look at the genital area
- use a swab (cotton bud) to collect a sample from the parts of the body that could be affected such as the vagina

It only takes a few seconds and isn't usually painful, though it may be uncomfortable for a moment. You may also be asked to take this swab yourself.

Thrush may have similar symptoms to some STI's, so it's important you seek advice if you think may be at risk of an STI.

Online appointment booking

You may be able to book an appointment for an STI test online using the online booking system. This varies for different NHS board areas.

Treatment for thrush

霉菌感染不总是有必要进行检测。如果您进行检测, 医生或者护士可能会:

- 查看生殖器部位
- 使用拭子 (棉签) 从可能受感染的身体部位 (例如阴道) 收集样品

采样过程只需几秒钟, 通常不会感到疼痛, 尽管可能会短暂地感到不适。您也可能被要求自己来做拭子采样。

霉菌感染的症状可能与某些性传播疾病相似, 因此, 如果您认为自己可能会感染性传播疾病, 请务必寻求帮助。

网上预定预约

您也许可以通过网上预约系统在线预订性传播感染疾病测试的预约。不同地区的NHS有所不同。

[性健康服务网上预约系统](#)

治疗霉菌感染

Treatment is simple and only necessary if you have signs and symptoms of thrush.

You may be given antifungal cream to apply to the genital area, vaginal pessaries (tablets that you put into your vagina), oral pills or a combination.

The doctor or nurse will tell you how to use the treatment.

You can buy some antifungal treatments from a pharmacy. These are useful if you're sure you have thrush and want to treat it yourself. The pharmacist will answer any questions and explain how to use the treatment.

It's very important to take the treatment as instructed and finish any course of treatment even if the symptoms go away earlier.

Some antifungal products can weaken latex condoms, diaphragms and caps. So avoid sex while undergoing treatment if this is your method of contraception.

治疗很简单，而且仅在您有霉菌感染的先兆和症状时才需要治疗。

可能会给您抗真菌药膏用来涂抹在生殖器部位、阴道药栓(放入阴道内的药片)、口服药丸或这它们的组合。

医生或者护士将会告知您如何使用药物。

您可以从药房购买一些抗真菌药物。如果您确定自己患有霉菌感染并想自己进行治疗，这些药物是有功效的。药剂师将回答任何问题并解释如何使用该治疗方法。

非常重要，您应该按照指示进行治疗，，即使您的症状较早消失，也用完整个疗程。

一些抗真菌产品可以削弱乳胶避孕套、阴道隔膜和阴道帽的效果。因此，如果您采用此类避孕方法，请避免在治疗期间发生性行为。

如果您已怀孕、可能怀孕或正在哺乳，您应该告知医生、护士或药剂师。这可能会影响到您的治疗方法。

如果霉菌感染不进行治疗，它最终是会自行消失。

除非您的伴侣患有霉菌感染的先兆和症状，否则他们无需接受治疗。

避免霉菌感染

有些人发现不同的诱因会引起阴道霉菌感染。如果您注意到规律，您也许可以帮助控制它。

You should tell your doctor, nurse or pharmacist if you're pregnant, might be pregnant, or if you're breastfeeding. This may affect the type of treatment you're given.

If thrush isn't treated it eventually goes away on its own.

There's no need for your partner(s) to have treatment unless they have signs and symptoms of thrush.

Avoiding thrush

Some people find that different triggers cause vaginal thrush. If you notice a pattern, you may be able to help control it.

For example, you should avoid wearing tight, restrictive or synthetic clothing, such as:

- tights
- nylon underwear
- leggings
- lycra shorts
- tight jeans or trousers

例如，您应避免穿着过紧、束缚性的或人造材质的服装，如：

- 袜裤
- 尼龙内裤
- 弹力裤
- 莱卡短裤
- 紧身牛仔裤或紧身裤

您还应该确保阴道在性交之前和性交时润滑良好，并在如厕后从前向后清洗和擦拭生殖器部位。

避免在生殖器部位附近使用肥皂和除臭剂，包括生殖器喷雾剂，泡泡浴和任何其他刺激性物质，例如消毒剂和杀菌剂。

如果您因其他疾病被开了抗生素，请提醒您的医生您很容易患霉菌感染，要求同时采取一些霉菌感染的预防治疗。

反复性霉菌感染

有些人可能只感染霉菌一次。其他人可能会多次感染。一年内出现两次或多次霉菌感染称为反复性霉菌感染。如果发生这种情况，请寻求医疗建议，不要自己治疗。

如果您反复得霉菌感染，医生或护士会想要检查如糖尿病的其他疾病，不是引发霉菌感染的原因。

You should also make sure your vagina is well lubricated before and during sexual intercourse and wash and wipe your genital area from front to back after using the toilet.

Avoid using soap and deodorants near the genital area, including genital sprays, bubble bath, and any other irritants such as disinfectants and antiseptics.

If you're prescribed an antibiotic for another condition, remind your doctor that you tend to get thrush and ask for some preventive treatment for thrush at the same time.

Regular thrush

Some people may only get thrush once. Others may get it multiple times. Getting thrush four or more times in a year is called recurrent thrush. If this happens, get medical advice and don't treat it yourself.

If you get recurrent thrush the doctor or nurse will want to check that other conditions, such as diabetes, aren't the cause of the thrush.

他们还将检查霉菌的种类，确保治疗方案是最有效的，并可能建议您定期进行抗真菌治疗。

您应该停止使用肥皂，而改用润肤剂（肥皂替代品），这将帮助您识别任何霉菌感染的引发根源。

<p>They will also check the type of thrush you have is the most effective treatment and may suggest you take antifungal treatment on a regular basis.</p> <p>You should stop using soap and use an emollient (soap substitute) instead and this will help you to identify any thrush triggers.</p>	
<p>For more information in Chinese go to www.nhsinform.scot/translations/languages/chinese</p>	<p>更多有关的中文信息，请前往 www.nhsinform.scot/translations/languages/chinese</p>