

Yeast Protocol

There are multiple ways to treat yeast. But **you and your baby** must be treated at the same time or you will pass it back and forth. Your baby's pediatrician will prescribe something for them. For you, you can ask your PCP or OBGYN for treatment options. If they do not prescribe you something, there are some things you can do at home:

- Gentian violet: You should use 0.5%. This can be used on you and your baby, but it has the potential to cause sores and has been thought to cause cancer, so do your research and determine if it is right for you. Usually this is only needed to be applied once a day using a cotton swab or ear swab for no more than 4 days. It stains everything it touches purple, so also be aware of that.
- Colloidal silver: Dip a cotton swab or ear swab in the colloidal silver and paint your baby's mouth with it before a feed, OR paint your nipples and areola with it then let them feed. You can use this several times a day, for about 3 or 4 days.
- Grapefruit seed extract: Mix 10 drops to one ounce of water. Use distilled water. Apply hourly while awake. If this doesn't make a difference by the second day, you can increase to 15-20 drops to one ounce of water. The mixture can also be used in your laundry to treat bras and reusable nursing pads. Also apply with a cotton swab or ear swab. This can also be used on you and your baby. You should see improvements after 3 days.
- Apple Cider Vinegar: Rinse your nipples with a mixture of one tablespoon of ACV to one cup of water after every feeding.

IF any of these remedies do not work after 4 days, you may need a stronger course of treatment and you should speak to your PCP or OBGYN again about treatment.

It is also important that anything that comes into contact with your baby's mouth and your nipples- such as bottle nipples, pacis, and pump parts, be boiled for 20 minutes daily and replaced weekly. Wash all bras, reusable nursing pads, nightgowns, or shirts worn without a bra in hot water and bleach and dried in the dryer. Cold does not kill yeast, so do not freeze milk during the treatment and use it after treatment is over or you could reintroduce yeast back to your baby. You can feed them the milk during the treatment but ideally you should not after treatment is completed.