**TREATMENT GUIDELINES FOR HEALTH STAFF**

**VULVOVAGINAL CANDIDIASIS**

Authorized health and wellness staff may treat confirmed vulvovaginal Candidiasis as follows:

1. Administer fluconazole 150 mg po once as a single dose directly observed therapy with fluids or snack.   
     
   **WARNING:** Fluconazole is not recommended for use during pregnancy.
2. An alternative treatment is intravaginal and external topical treatment with an antifungal cream such as butoconazole 2%, clotrimazole 1%, miconazole 2%, or terconazole 0.8% once daily for the duration specified by the manufacturer. May be used during pregnancy.
3. Instruct student to return for re-treatment if vomiting occurs within 4 hours of treatment with oral regimen.
4. Discuss screening for STDs as appropriate, health department reporting requirements, and prevention of STDs and pregnancy (offer condoms and contraceptives as appropriate).
5. Caution student that many vaginal creams are oil-based and may weaken latex condoms and diaphragms.
6. Routine treatment of sex partners is not recommended.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If symptoms persist or recur within 2 months of initial treatment
* If maintenance therapy is needed in an immunocompromised student, e.g., with HIV infection