

Dear Patient,

**Your health care provider has concerns** about how well fluconazole works to treat sore nipples caused by ductal yeast infections that can occur in breastfeeding mothers, and whether fluconazole treatment is **safe** for breastfeeding babies.

Your health care provider turned to CADTH – an independent Canadian agency that examines the evidence on drugs and provides advice based on that evidence.

When CADTH looked for high quality evidence from research to see whether fluconazole treatment for ductal yeast infections was safe and effective, **no evidence was found**. This means that **it is not known whether fluconazole treatment works** to treat sore nipples from ductal yeast infections, **and it is not known whether fluconazole treatment is safe** for breastfeeding babies.

Some experts recommend fluconazole treatment based on their experience. However, keeping in mind that there is no evidence proving that the treatment is safe and effective, you and your health care provider must make the decision that is best for you and your baby.

**Some things to consider when deciding whether or not to take fluconazole for sore nipples:**

* The potential benefits to baby of taking the medication – improved breastfeeding, breastfeeding for longer
* The potential risks to baby of taking the medication – unknown short-term and long-term effects of the medication in babies, the medication may not lead to improved or prolonged breastfeeding
* The potential benefits to mom of taking the medication – decreased pain with breastfeeding, increased enjoyment of breastfeeding, breastfeeding for longer
* The potential risks to mom of taking the medication – uncertain short-term and long-term side effects, worry about side effects for baby, the medication may not improve nipple pain
* Other issues that are important to you, your baby, your family, and your health care provider.

Knowing the evidence and considering the factors that are important to you, your baby, and your health will help you and your health care provider make the decision about fluconazole treatment for ductal yeast infections that is right for you. It may not be the same decision that your friend, your neighbour, an expert, or others would make – but it will be the best decision for you and your baby.

Please ask your health care provider if you would like more information on breastfeeding.
For more information about CADTH, please visit [www.CADTH.ca](http://www.CADTH.ca).


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