Guidelines for the use of Oral Nystatin

Exceptional healthcare, personally delivered
Certain conditions/situations may cause an overgrowth of a fungus, called candida, in the mouth which can lead to a bout of oral thrush. These include:

- After a course of antibiotics
- Using inhaled or oral corticosteroids
- Wearing dentures
- Having diabetes or anaemia
- Being in poor health
- Smoking

You have been prescribed a medication called Nystatin. This is used to treat a common infection of the mouth called candida or thrush. It is important that you use the medication 4 times a day, after each meal and before you go to bed.

Before using the medication you should clean your teeth and any dentures as normal.

Once your mouth has been cleaned you should fill the pipette or measure from the Nystatin bottle to the 1ml mark by squeezing the bulb at the top. Once the measure has been filled, squirt the medication into your mouth by squeezing the bulb at the top. The medication should be swilled around all parts of your mouth and then swallowed.

If you have dentures, remove them and repeat the dose, squirt it onto your dentures then brush the medication into them. (Do not swill off before replacing the dentures in your mouth).

Following using the Nystatin medication you should avoid having anything to eat or drink for approximately 20 minutes.
Checklist

1. Have you cleaned your teeth?

2. Have you cleaned your dentures?

3. Have you filled measure to 1ml mark?

4. Have you swilled the medication around all parts of your mouth?

5. Have you swallowed medication?

6. Have you treated your dentures with medication?

Do not eat or drink for 20 minutes following treatment.
Please tick after each time you use medication

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Ways of reducing your risks of developing oral thrush again:

- Good inhaler technique with your inhaled corticosteroids (if in doubt check with the respiratory team or your practice nurse). Make sure you rinse, gargle and spit out with water after using your steroid inhaler, as this helps reduce any drug particles left on your mouth.

- If you currently smoke, stopping smoking may help reduce the future episodes.

- If you wear dentures, they should be cleaned thoroughly and removed at night. Not removing them is thought to be one of the most common causes of oral thrush.

- Good control of your blood sugars (if you have diabetes) also reduces the risks of thrush and other infections.

NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution
If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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