

## Feeling good, feeling fresh everyday

Because intimate irritation can be triggered by perfumed shower gels, washes and soap, it makes sense to turn to

### Care by Canesten.

This special range of products for everyday intimate care is:

- ☛ Soap-free and fragrance-free
- ☛ Gynaecologically tested
- ☛ Enriched with moisturising vitamin E

**Care by Canesten Feminine Wash** can be used for daily intimate washing and **Care by Canesten Feminine Wipes** for convenient and discreet freshening.



## Take extra care to reduce the risk

Here are a few tips and hints to help you prevent thrush:

- ☛ Avoid tight, synthetic clothing; loose, cotton knickers may help
- ☛ Avoid perfumed soaps, gels and bubble baths, vaginal deodorants and douches
- ☛ Change tampons regularly during your period
- ☛ Wash and dry intimate areas regularly but gently, especially after exercise
- ☛ Be careful of toilet hygiene: always wipe from front to back
- ☛ To prevent re-infection, treat your partner

**Tell your pharmacist or your doctor if:** you are under 16 or over 60; thrush keeps returning; you have other symptoms; you suffer from diabetes; you are, or think you may be, pregnant or you are breastfeeding.

If you have any questions or need more advice on the Canesten range, please contact the Canesten Advice Line on:

0845 758 5030<sup>†</sup> or visit [www.canesten.co.uk](http://www.canesten.co.uk)

<sup>†</sup> calls charged at local rate

Bayer plc. Consumer Care Division, Newbury, Berkshire, RG14 1JA, UK



Feeling good inside and out

How to cool and clear thrush

Canesten®

Canesten®

## Let's be clear about thrush

Thrush is much more common than you might think – 3 out of 4 women have it at some point in their lives. It's a yeast infection, causing itching, redness and soreness around the vagina and often a thick white discharge.

### How does it happen?

Normally, there is a delicate balance between bacteria and yeasts that live naturally within the vagina. However, this balance is easily upset by things like perfumed soaps or bubble baths, tight or synthetic clothing, periods, sex or antibiotics. This allows the yeasts to overgrow, leading to thrush infection.

### So what can you do about it?

Thrush isn't serious but it can be really uncomfortable, which is why it's important to treat it properly and help stop the infection from coming back. That means clearing the infection on the inside as well as cooling the symptoms on the outside. The good news is that you can with Canesten.



## Cool it and clear it with the Canesten range

### Canesten Duo – oral capsule and external cream

A convenient pack available from your pharmacist, containing two effective treatments for thrush:

- A single, fast-acting Canesten Capsule, taken orally. A modern, convenient and discreet way to help clear the infection
- A handy tube of Canesten 2% (double strength\*) Thrush Cream. Applied on the outside, it rapidly cools the itching and soreness



Contains fluconazole and clotrimazole

### Canesten Combi – pessary and external cream

A traditional treatment pack, which you can purchase from your local pharmacy or supermarket. It contains:

- A Canesten Pessary with applicator, to clear the infection
- A tube of Canesten 2% (double strength\*) Thrush Cream to rapidly cool external symptoms



Contains clotrimazole

### Canesten Cream Combi – internal and external cream

An alternative cream-based pack, also available from your local pharmacy or supermarket. Rather than the pessary combination, it contains:

- A pre-filled applicator of soothing Canesten 10% Internal Cream to help clear the infection
- A tube of Canesten 2% (double strength\*) Thrush Cream to rapidly cool external symptoms



Contains clotrimazole

You can also purchase an individual pack of **Canesten 2%** (double strength\*) **Thrush Cream**. It is also suitable for male partners if they have thrush infection (of the penis), to help prevent re-infection after sexual intercourse.

If you already have an external cream, you can also purchase **Canesten Internal Cream**, **Canesten Pessary** (contains clotrimazole) or **Canesten Oral Capsule** (contains fluconazole) separately.

\*Compared to 1% clotrimazole thrush creams  
Always read the label