

## **Thrush — Self-help and prevention**

### Soothing the itching

Itching can be so bad that you may want something to soothe it quickly before or during treatment. Some of the treatments above will help soothe at the same time, but there also other options you could try:

Aloe vera – Aloe vera gel or juice may help relieve itching and cool burning around the vagina. Aloe vera is available at health food stores.

See: <http://www.womenshealthlondon.org.uk/leaflets/thrush/thrushprev.html>