



### Refractory or Frequently Recurrent Vulvovaginal Candidiasis

**Description:**

Failure of symptoms to resolve with treatment or recurrence of symptoms after a very short time.

**Management:**

Eliminate/ reduce predisposing factors (see above)

**Cyclical symptoms:** Clotrimazole 500mg pessary or Econazole long acting pessary 150mg or Itraconazole 100mg twice daily for 1 day or Fluconazole 150mg orally once just prior to usual onset of symptoms, or during second week of the cycle, increased to twice monthly or weekly if not successful.

**Persistent symptoms:** Clotrimazole pessary 500mg or Econazole long acting pessary once or twice weekly for three or six months or Itraconazole 100mg twice daily for 1 day once weekly

- Troublesome but relatively infrequent recurrences: give supply of treatment to keep at home
- Consider referral or advice from GUM

**Note:**

All these regimes are empirical and can be adapted for the individual patient. Use pessaries for preference to avoid systemic effects and reduce costs: titrate dose to minimum for symptom control. For patients with really troublesome symptoms, it may be helpful to start with a high frequency of treatment (e.g. weekly) and reduce over time