

Recurrent Vulvovaginal Candidiasis

Introduction

- Recurrent Vulvovaginal Candidiasis (RVVC) is a common condition affecting up to 5% of women

Definition

- **4 or more episodes** of symptomatic VVC annually
- **At least one** of these should have been seen and **microbiologically confirmed**

Tests

- **As for acute VVC**
- Testing for **diabetes, HIV, or other medical conditions** should be performed only where clinically indicated
- Itraconazole and fluconazole can rarely cause hepatotoxicity.

For this reason the following is recommended:

- Baseline LFT's should be done but ongoing monitoring is not necessary
- Patients with abnormal LFT's at baseline should be appropriately investigated, and if antifungal treatment is thought necessary, they should have specialist review
- Patients with significant underlying medical conditions, e.g. HIV, should have specialist review as this group is the most likely to experience hepatotoxicity

Management

General Comments

- Suggested regimens are given but **treatment must be individually tailored to suit the patient**
- These regimens are empirical and **not based on randomised controlled trials**
- Ideally the chosen regimen should be continued for **at least 6 months**
- Following cessation at least 50% of women will experience a recurrence of symptoms
- Treatment should not be commenced with oral Triazoles in women wanting to conceive or who are not using reliable contraception
- General skin cares should be recommended – aqueous cream, lubricant, non-spermicidal condoms

Fluconazole Regimens

Induction

- Fluconazole 150mg – 2 doses 3 days apart, OR
- Fluconazole 150mg stat, OR
- Fluconazole 50mg od for 14 – 28 days

Maintenance

- Fluconazole 150mg monthly for 6 months, OR
- Fluconazole 150mg weekly for 6 months

Itraconazole Regimens

Induction

- Itraconazole 200mg bd for 1 day, OR
- Itraconazole 200mg OD for 3 days, OR
- Itraconazole 100mg OD for 14 – 28 days

Maintenance

- Itraconazole 100mg weekly for 6 months

Note: Possible oral contraceptive interaction.