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## **Boric acid safe for chronic yeast infections?** <sup>[1]</sup>

Dear Alice,

Is it safe to use boric acid suppositories to get rid of a chronic yeast infection?

**Answer**

Dear Reader,

Considering how common yeast infections are, you'd think the *yeast* that could be done is to come up with an easy, reliable way of getting rid of them. After receiving confirmation that your symptoms do in fact point to a vaginal yeast infection (and not some other issue with similar symptoms), there are several options for treatment. Using boric acid suppositories is one option that is widely considered to be safe, although it's also good to be aware of some exceptions and potential side effects.

Boric acid is a chemical that can act as both an antifungal and antiviral agent. Available over-the-counter (rather than by prescription), boric acid can be placed in gelatin caps that are then inserted into the vagina. Usually, these boric acid-filled gelatin caps are inserted vaginally each night before going to bed for a week. Studies have found boric acid to be a safe, affordable, and helpful treatment for many people with chronic or recurrent yeast infections that have not been successfully treated by other means. It may be especially effective for diabetic people with chronic or recurrent yeast infections. While some other antifungal yeast infection treatments only treat the *Candida albicans* yeast, boric acid treats both *Candida albicans* and *Candida glabrata* yeasts.

Though this treatment option may be suitable for many people, there are a few exceptions. Boric acid suppositories are considered safe for treating chronic yeast infections as long as they are not taken orally or used by children or pregnant people. That said, mild to moderate side effects are possible. Even when used correctly, boric acid can cause skin irritation or a burning sensation in the vagina. Before starting treatment, a visit to your health care provider can confirm that what you are experiencing is truly a chronic yeast infection and provide guidance on the best method of treatment for you. For more information about yeast infections and treatment options, check out the related Q&As.

Alice!

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Published date:

Nov 20, 2014

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