

Click to verify







## At home test for yeast infection

The purpose of yeast infection testing is to determine if vaginitis is caused by yeast or by a different microorganism such as bacteria or some other organism associated with a sexually transmitted disease. Vaginitis often causes uncomfortable vaginal symptoms such as: Itching Irritation Pain during sex or when urinating Burning Swelling Vaginal discharge There are several options when looking for a cause of vaginitis, including physician-ordered and at-home tests. The following information describes the purposes of at-home and physician-ordered vaginal yeast infection tests. Purpose of an at-home vaginal yeast infection test An at-home yeast infection test allows you to look for evidence of a vaginal yeast infection in the privacy of your home. There are several types of at-home yeast infection tests that are available for purchase, including vaginal pH test strips and self-collection kits that allow you to collect a sample at home and mail it to a laboratory for nucleic acid amplification testing (NAAT). Although these at-home tests can provide information about whether a yeast infection is the likely cause of your symptoms, determining the cause of vaginal symptoms should be done by a trained professional. Doctors have access to additional tests that may be used to accurately diagnose the cause of your symptoms. Purpose of a physician-ordered vaginal yeast test Physician-ordered vaginal yeast infection testing is performed to diagnose the cause of vaginitis so that appropriate treatment can be started. To diagnose the cause of vaginitis, your doctor may ask about your symptoms, examine the affected area, and take a sample of vaginal discharge. Several tests may be conducted on this sample of vaginal discharge that help to determine the cause of your symptoms. What does the test measure? Vaginal yeast infections are caused by a type of fungus called Candida. Small amounts of Candida are normally present in your mouth, digestive tract, and skin. Also, small amounts of yeast can be found in your vagina without causing any symptoms. Under normal circumstances, Candida and other microscopic organisms in the vagina keep each other in balance. However, a yeast infection may occur if conditions change in a way that promotes an overgrowth of yeast. This abnormal overgrowth of yeast can lead to uncomfortable symptoms. Yeast is not the only disorder that can cause symptoms of vaginitis. Other common types of vaginal infections include bacterial vaginosis (BV) and a sexually transmitted parasite called trichomonas that causes trichomoniasis. While most vaginitis is caused by infections, other causes of symptoms include chemical irritations and low hormone levels. There are a number of commercially available at-home tests that provide information about the cause of vaginitis. The two types of tests available are described in the following sections. At-home vaginal pH testing A number of at-home vaginal tests use pH testing to provide information about whether your symptoms are likely caused by an infection. A measurement of vaginal pH describes the acidity of vaginal discharge on a scale ranging from 1 to 14. Lower numbers indicate that a substance is more acidic. The normal environment of the vagina is relatively acidic, with a normal pH of 4.0 to 4.5 for people during their fertile years. Vaginal yeast infections are generally associated with a normal vaginal pH, while trichomoniasis and bacterial vaginosis tend to cause a high vaginal pH. At-home pH tests can help you rule out these non-yeast causes of vaginitis. Knowing the pH of your vaginal discharge may help narrow down what underlying problem is causing vaginal symptoms. However, changes or increases in your vaginal pH do not always indicate that you have a vaginal infection, so it's important to discuss your results with a doctor or gynecologist. At-Home NAAT Testing Some at-home vaginitis tests use nucleic acid amplification testing (NAAT) in a laboratory to determine if vaginitis is caused by yeast or something else. This test method analyzes the DNA and RNA in samples of vaginal discharge to identify bacteria, fungi, or parasites. DNA and RNA carry genetic information for living things, including microorganisms that cause infection. At-home vaginal yeast infection tests that use NAAT testing may focus on detecting just one type of infection or several potential causes of vaginitis. In addition to yeast, they may look for bacteria and sexually transmitted diseases that cause similar symptoms, such as trichomoniasis, chlamydia, and gonorrhea. It's important to check the product information accompanying your test kit to find out exactly which microorganisms it can detect. When should I get an at-home vaginal yeast test? There are no expert guidelines for when it's appropriate to use an at-home vaginal yeast infection test. If you have symptoms of vaginitis (inflammation of vagina) or vulvovaginitis (inflammation of both vagina and vulva), it is best to see a health care provider. If getting in to see a doctor or nurse promptly is difficult, at-home vaginal yeast infection tests can provide information about whether your vaginal symptoms may be caused by an infection. At-home vaginal yeast testing can not detect all cases of vaginitis. It is important to talk to your health care provider about your symptoms in order to access appropriate testing and treatment. Every medical test is associated with risks and benefits. Learning about the pros and cons of at-home vaginal yeast testing may help you decide whether at-home testing is the right approach for you. The potential benefits of at-home vaginal yeast testing include: Privacy and convenience: At-home vaginal yeast test kits allow you to conduct testing at your home. Easy sample collection: At-home test samples can be easily self-collected. Combining with STD tests: Some at-home vaginal yeast infection tests offer panels or packages of tests that include tests for vaginal yeast infections and common STDs, allowing people to screen for STDs using the same test samples. Transparent pricing: The costs of testing in a medical setting may be uncertain and depend on what and how many tests are performed. With at-home testing, your out-of-pocket costs are clear. The potential risks of at-home yeast infection testing include: Limited test options: When you have vaginal yeast testing in a medical setting, multiple tests may be done, including a physical exam, examination under a microscope of vaginal discharge, and a culture, if needed. These options are not available through at-home testing. pH testing is of limited value for some people: The normal vaginal pH is higher in people before they are old enough to menstruate as well as after menopause. Because of this, testing pH is of limited value for people in these age groups. Overdiagnosis and overtreatment: Because vaginal pH is not a conclusive test, at-home vaginal pH tests may lead people to use treatments for vaginal yeast infections that they don't need. Additional testing may be required: Patients who receive abnormal test results on an at-home vaginal yeast test may need to have the test repeated through a doctor's office or laboratory. Commercially available at-home vaginal yeast infection tests either measure vaginal pH or use NAAT technology to detect the presence of yeast, bacteria, or sexually transmitted disease. Some of our picks for the best available options are described below. Best Subscription pH Test Stix - Vaginal pH Test for Yeast Infections Price: \$11 Type: Self-test Sample: Vaginal secretions Tests for: Vaginal pH Results timeline: Within 2 minutes The Vaginal pH Test for Yeast Infections from Stix is our pick for best subscription pH yeast infection test. In addition to offering individual tests, Stix test kit helps you measure your vaginal pH on a regular basis by offering a subscription program that will send you a test kit every two, four, eight, or twelve weeks. This kit does not diagnose yeast infections directly, but it can help you determine whether a non-yeast cause of vaginitis may be present. This test kit includes everything you need to test vaginal pH at home, including a test strip, cotton applicator, and detailed instructions. To conduct the test, simply insert the cotton applicator into the vagina for about five seconds, then remove and rub the cotton swab on the yellow portion of the test strip. To read your vaginal pH test result, compare the test strip to the color chart on the test kit's foil pouch. An abnormally high pH test result with symptoms of vaginitis indicates you may have bacterial vaginosis or trichomoniasis. A normal pH level with symptoms of vaginitis indicates you may have a yeast infection. In addition to the Vaginal pH Test for Yeast Infections, Stix offers several other products related to yeast infections, including probiotics, treatments, and combo packages that allow you to both test for and treat yeast infections from home. Best NAAT Test LetsGetChecked - Home Vaginitis Test Kit Price: \$199 (Get 25% off with your exclusive Testing.com discount code. Use code TESTING25 at checkout.) Type: Self-collection Sample: Vaginal secretions Tests for: Bacterial Vaginosis, Candida Species, Trichomonas Results timeline: Within 2 to 5 days The Home Vaginitis Test Kit from LetsGetChecked is our pick for best at-home NAAT test. This panel of tests detects three of the most common causes of irritation in the vagina. Collecting a sample for the Home Vaginitis Test Kit is simple using the instructions and video tutorials provided by LetsGetChecked. For accurate results, be sure to wait to collect your sample until after your menstrual period and at least 48 hours after sex or using vaginal creams or gels. Once your sample is packaged and mailed using the prepaid shipping envelope, test results are available within 2 to 5 days after the CLIA-certified laboratory receives your sample. LetsGetChecked provides results through a secure online result dashboard and the LetsGetChecked smartphone app. Please contact UPS to arrange a pickup before you collect your sample. You should collect your sample on the same day as the scheduled pickup. Visit the UPS pickup scheduling page or call 1-800-742-5877 to schedule a pickup to return your sample. You'll be asked to provide some information including your tracking number, address and pickup day and time. Please keep your tracking number to help you monitor your package. As part of your purchase, the company includes a review of your results by a LetsGetChecked physician and a 1-on-1 call to provide guidance and treatment options based on your test results. If your results are positive and require treatment, medications can be sent directly to your home. Most Comprehensive NAAT Test my LAB Box - 5 Panel At Home Vaginal Health Test Pack - save 20% by using code Testing20 at checkout Price: \$199 Type: Self-collection Sample: Vaginal secretions Tests for: Bacterial Vaginosis, Candida Species, Trichomoniasis, Chlamydia, Gonorrhea Results timeline: Within 2 to 5 days Combining testing for a vaginal yeast infection with routine STD testing can save time and money. The 5 Panel At Home Vaginal Health Test Pack from myLAB BOX is our choice for the most comprehensive NAAT yeast infection test. The 5 Panel At Home Vaginal Health Test Pack includes everything you need to test for five potential causes of abnormal vaginal discharge, including yeast infections, bacterial vaginosis, and the sexually transmitted diseases trichomoniasis, chlamydia, and gonorrhea. Order this package online and a test kit is shipped from myLAB BOX to your home in discreet packaging. Collecting a sample of vaginal secretions is simple and takes just 5 minutes from start to finish. Instructions provided in the test kit walk you through using a swab to collect your sample and package it for free return shipping. Within two to five days after your sample is received by the CLIA-certified laboratory, you can access your results on myLAB BOX's secure online portal. If your test results are positive, myLAB BOX provides a free phone consultation to discuss your results and provide treatment if needed. Interpreting your at-home vaginal yeast test result depends upon what kind of test is used. Interpreting a vaginal pH test requires comparing a test strip to a color chart included with your kit. After testing your sample of vaginal discharge, you can immediately compare the color to the test kit and find your vaginal pH. A pH in the normal range indicates that vaginal yeast is a potential cause of your symptoms. While results indicating a normal vaginal pH in the presence of symptoms of vaginitis suggest that you may have a yeast infection, it is possible that your symptoms are caused by something else. You should contact your doctor to discuss whether to make an office appointment for additional testing. An abnormal result showing an elevated pH could be caused by several conditions, including: Bacterial vaginosis (BV) Trichomoniasis Having both BV and a yeast infection at the same time Regardless of your vaginal pH test result, it is important to contact your health care provider to discuss any vaginal symptoms that you're experiencing. If you purchase an NAAT test kit, you will be able to view your test results on a secure online platform after your sample is received and analyzed in the lab. Test results will indicate which microorganisms were tested and whether they were detected or not detected. If microorganisms are not detected, your report may indicate that your results are normal. If microorganisms are detected, your results may be described as abnormal. It's important to talk to your doctor about the results of at-home NAAT testing. The company that provided your test kit may also help arrange a consultation with a health professional. Are test results accurate? Research has shown that self-testing vaginal pH as well as collecting samples at home for NAAT testing are similar in accuracy to testing performed by health care providers. However, at-home vaginal yeast infection testing is not a replacement for physician-ordered tests and you should talk to your doctor before treating a suspected yeast infection. It is also important to follow the instructions that come with your test kit carefully. Sometimes pH testing is inaccurate because certain substances, including medications used in the vagina, menstrual blood, semen, douches, and lubricants, can temporarily raise vaginal pH. Do I need follow-up tests? A health care provider may recommend retesting to confirm the results of an at-home vaginal yeast infection test. Your health care provider may also wish to order additional tests that can only be performed in a medical setting, such as examining vaginal discharge under a microscope or performing a culture of vaginal discharge. Follow-up testing may also be recommended if your symptoms persist or come back after treatment for a vaginal yeast infection. Questions for your doctor after at-home vaginal yeast testing After taking an at-home vaginal yeast infection test, it is important to speak with your health care provider about the test results. Questions that might be helpful include: What does my at-home vaginal yeast infection test result mean about my health? Are any follow-up tests needed to confirm my at-home test results? Is there anything that I can do to reduce my risk of yeast infections? At-home vaginal yeast infection testing vs. physician-ordered vaginal yeast infection testing Yeast infection testing uses samples of vaginal discharge to diagnose the cause of symptoms related to vaginitis. At-home and physician-ordered testing differs in several ways, including the type of tests available and the established role of each approach. When testing is performed by a medical provider, the provider is able to choose from a variety of tests based on a patient's symptoms and the results of a physical exam. In contrast, at-home testing options are limited to vaginal pH and NAAT testing. Although some at-home test companies facilitate access to a medical professional after abnormal test results, these consultations are usually restricted to discussing the test result. When vaginal yeast infection testing is performed by a medical professional, visits typically include further guidance related to your reproductive and sexual health. One of the most important differences between at-home and physician-ordered tests is their established medical role. Although research suggests that the accuracy of at-home tests may be comparable to testing conducted by a medical provider, there are few guidelines regarding the appropriate use of at-home vaginal yeast infection tests. An estimated 75% of women will experience at least one yeast infection or vaginal candidiasis (CV) in their lifetime, and nearly half will experience two or more infections. To make matters worse, yeast infections can be hard to distinguish from other vaginal conditions and sexually transmitted diseases, most notably bacterial vaginosis (BV) and Trichomonas vaginalis (TV), as all three are a type of vaginitis (the clinical word for inflammation of the vagina) that cause similar symptoms. These symptoms include vaginal pain, burning, itching and redness. However, when it comes to treatment, there are distinct differences between the three conditions, so it's important to determine which one you have. While it's always best to see a health care provider if you have any of the previously mentioned symptoms, one way to make diagnosis easier is by using an at-home yeast infection test.Table of contentsThese home-based tests enable you to get a full understanding of your vaginal health via lab processing to quickly find out if your pH levels are off. According to Dr. Alyssa Dweck, board-certified gynecologist and chief medical officer at Bonafide Health, home tests are especially beneficial for "those who have had a definitively diagnosed yeast infection in the past and feel they have another infection." They can also help you garner important information that you can share with your doctor, particularly if you're seeing your provider through a telehealth platform, she says.However, "for those with recurrent symptoms, a formal in-office culture is advised to check for diagnosis of yeast as opposed to BV, trichomonas or another STI so proper treatment can be initiated," she cautions.Still, since most yeast infections can be treated without a prescription, at-home tests can be a useful tool. "Over-the-counter yeast remedies, such as Monistat or a generic equivalent, are quite effective for simple yeast vaginitis," Dweck explains.To help you find the best at-home yeast infection test for your needs, we spoke with our panel of medical experts to learn about the various self-administered tests on the market. Then, using my own knowledge as a health care professional and the experts' input, I researched more than 20 different yeast infection and pH tests and rated each based on accuracy, virtual medical support offered — including prescribing doctors on staff — ease of use, the wait time should a sample need to be mailed and processed by a lab and the test kit's price point. Here are the best at-home yeast infection tests for 2025, according to our research and experts. And of course, the market for at-home test kits is expanding, so it's worth noting you can also check out our top picks for best at-home STD tests and best at-home fertility tests too.Update, Dec. 30, 2024: We checked all product prices and availability. Our No. 1 pick for the best yeast infection test kit changed, as the previous option, LetsGetChecked, is no longer available. Best overall at-home yeast infection test kit(back to top)Other top at-home yeast infection tests we recommend for 2025(back to top)When choosing the right yeast infection test for you, consider the following factors:Type of test: When it comes to at-home yeast infection tests, you have the option of either a vaginal pH test (a cheaper option) with on-the-spot results or a lab test for a more accurate, in-depth screening. If you opt for a lab test, also consider what is being tested. Some tests — like the ones from Daye — look at your entire vaginal microbiome and can give you a more detailed understanding of your vaginal health. There are also tests that combine yeast infection and STD screenings, such as the test from MyLab Box.Accuracy: Lab tests are going to be more accurate than vaginal pH strips. If you do choose a lab-based test, make sure to go with a reputable company that uses CAP- and CLIA-certified labs for the most accurate results.Time until results: Lab tests can take anywhere between two and 10 days for results, so if you need something sooner, vaginal pH tests will give you results instantly.Medical support: Many lab-based tests offer doctor consultations and treatment options for positive results. With some, consultations are included in the price of the initial test, whereas others will offer consults for an additional fee.Cost: The tests on this list range from \$15 to \$200 (or more). Tests that require lab processing are pricier, while vaginal pH tests offer a more affordable option. Also, consider the cost of shipping, treatment options and medical support, as well as if the test is eligible for payment through your HSA or FSA.Privacy: Make sure to choose a company that is HIPAA-compliant and safeguards your information. Additionally, some tests are shipped in discreet packaging, because there's no reason to let all your neighbors know you've ordered vaginal swabs!(back to top)How we choseTo find the best at-home yeast infection test available, our team researched more than 20 different options and compared them based on cost, ease of use and accuracy. We made selections based on my own experience as a health care professional and health journalist along with the expert input of a panel of obstetrician-gynecologists (ob-gyns), reproductive endocrinologists and other health care professionals specializing in female sexual and reproductive health.(back to top)FAQsWhat is a yeast infection?Yeast infections are caused by a type of fungi called candida (a genus of yeast). Candida naturally lives in and on your body, but when there's an overgrowth, it can lead to infections, including oral thrush and vaginal candidiasis.Dr. Madeline Stark, an ob-gyn based in Chicago, notes that there are certain risk factors that can make vaginal yeast infections more likely:Diabetes — Yeast feeds on glucose, so women who have elevated blood glucose levels are often at a higher risk.Antibiotics — Since antibiotics kill bacteria, including the good bacteria, yeast can grow unchecked.Compromised immunity — being immunocompromised makes it harder for the immune system to prevent infection.Increased estrogen — Yeast infections are more common in women with higher levels of estrogen, such as women who are pregnant or on hormonal birth control.How do at-home yeast infection tests work?There are two different types of at-home yeast infection tests. 100% at-home vaginal pH tests and lab-based tests where you take the sample in the privacy of your home rather than a doctor's office, then ship the sample to a predetermined lab using the shipping materials included with the testing kit.Vaginal pH tests are done entirely at home and provider results are ready in a matter of minutes. These tests measure your vaginal pH levels to help determine whether or not you have an infection. Different infections are associated with different pH levels: with a yeast infection, in addition to having the usual symptoms of burning, itching and discomfort, you'll typically have a normal pH. With BV and trich, your pH level will typically be much higher so you can get a quick answer using a process of elimination.Lab-based tests, on the other hand, are much more accurate, says Stark. With these tests, only the sample collection is done at home. The testing process is done in a lab using nucleic acid amplification testing (NAAT), which can detect the presence of yeast.Will a yeast infection go away on its own?Probably not, says Dr. Stephanie Hack, board-certified ob-gyn, "While a mild yeast infection can occasionally resolve on its own, most of the time, untreated infections will only get worse."Stark adds, "In some cases, symptoms of itching, irritation and increased discharge can occur and then resolve within a few days, which can be mistaken for a mild infection. But, she says, "In this scenario, it's more likely that yeast was not the culprit."Are yeast infections contagious?Yeast infections are usually not contagious, says Hack, however it is possible to transmit an infection to a partner. "A large amount of yeast could be introduced into the vagina through a yeast infection on the glans penis," she explains, adding that the passage of yeast can go both ways; some men — as many as 15% — can develop an itchy rash on their penis after unprotected sex with a partner who has a yeast infection.What are the signs of a yeast infection?Yeast infections can cause irritation, inflammation and discomfort of the vagina and vulva, says Dr. Jill Purdie, board-certified ob-gyn. Symptoms can vary, but they typically include:A burning sensation when urinating or during intercourseRedness or swelling of the vulvaAn abnormal discharge — it can be thin and watery or thick, white and clumpy with a cottage cheese-like appearanceDischarge is generally odor-freeIt's important to note that symptoms can vary so it's always a good idea to consult a healthcare provider, especially if you've never had a yeast infection before.How do you treat a yeast infection?Yeast infections are treated with a type of antifungal medication called azoles, says Stark. It comes in either topical or oral form and there are both over-the-counter and prescription options available. Over-the-counter medications include topical creams, ointments and vaginal suppositories, while oral medications require a prescription. There is also a prescription-strength cream available.Both topical and oral antifungals have similar effectiveness, Stark says, so treatment is typically based on individual preference. The only exception, she says, is during pregnancy. Topical medications are recommended for women who are pregnant, especially during the first trimester.Are at-home yeast infection tests as accurate as in-person tests?It depends on the type of test you choose, Purdie says. Tests which are based on vaginal pH are far more limited. If your vaginal pH is higher than normal, it can be indicative of a yeast infection, but these kinds of tests can't tell you for sure if you have an infection. Lab-based tests, on the other hand, actually check your vaginal fluid for the presence of yeast or other bacteria, so they are equivalent to the type of testing that you'd get at a doctor's office.(back to top)Meet our experts(back to top)Our health content is for informational purposes only and is not intended as professional medical advice. Consult a medical professional on questions about your health. The main benefit of at-home yeast infection tests is that they're convenient and provide a sense of privacy for the user, says Karyn S. Eilber, M.D., a urogynecologist at Cedars-Sinai in Los Angeles. What's more, access to at-home yeast infection tests can enhance a person's motivation to take care of their vaginal health, research suggests. The main drawback of at-home yeast infection tests is that they aren't specifically tailored to yeast infection identification. The tests mainly identify abnormal vaginal pH, explains Dr. Eilber. However, many causes can lead to changes in vaginal pH, including vaginal infections, menstrual cycle variations, taking antibiotics, vaginal douching, sexual activity and aging. Additionally, pH is often higher in people who have gone through menopause, so at-home yeast infection tests are less useful for post-menopausal people. In addition, a normal vaginal pH doesn't mean that you have a yeast infection. Your vulvar or vaginal irritation or discharge could be due to other causes, even with a normal vaginal pH. Some at-home yeast infection tests don't give an immediate result. Instead, they involve taking a swab of the vaginal area, then sending the swab to a lab for processing, says Dr. Eilber. This can potentially cause delays in treatment.