Treating vaginal thrush with oral or intravaginal medication: which is better?

Clinical Question	Is oral or intravaginal medication more effective for the treatment of uncomplicated vulvovaginal candidiasis?
Bottom Line	There was probably little or no difference between oral and intra-vaginal antifungals for short- and long-term clinical cure. Both routes of administration achieved clinical cure in over 70% of women. Oral antifungal treatment achieved a slightly higher mycological cure rates than intra-vaginal administration of these agents. The decision to prescribe or recommend the purchase of an anti-fungal for oral or intra-vaginal administration should take into consideration: cost, treatment preference, and contraindications. Unless there is a previous history of adverse reaction to one route of administration or contraindications, women who are purchasing their own treatment should be given full information about the characteristics and costs of treatment to make their own decision. If health services are paying the treatment cost, decision-makers should weigh up the higher cost of oral anti-fungal administration with the marginal gain in mycological cure.
Caveat	Twenty-three trials included women with acute vulvovaginal candidiasis and three trials included women with chronic vulvovaginal candidiasis. There were eight anti-fungals studied: two oral treatments and six intra-vaginal treatments. The certainty of the evidence for the primary outcomes was moderate.
Context	Previous estimates suggest that 75% of women experience at least one episode of vulvovaginal candidiasis (thrush) before the menopause. Vulvovaginal candidiasis is treated with a variety of anti-fungal drugs that are administered by the oral or intra-vaginal route.
Cochrane Systematic Review	Denison HJ, Worswick J, Bond CM, Grimshaw JM, Mayhew A, Gnani Ramadoss S, Robertson C, Schaafsma ME, Watson MC. Oral versus intra-vaginal imidazole and triazole anti-fungal treatment of uncomplicated vulvovaginal candidiasis (thrush). Cochrane Database of Systematic Reviews 2020, Issue 8. Art. No.: CD002845. DOI: 10.1002/14651858.CD002845.pub3. This review contains 26 trials with a total of 5,007 participants.

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Systematic review link:
https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002845.pub3/full