

## **Anal Pruritis**

Anal *pruritis* (itching) is often due to increased moisture of the skin around the anus. This results in itching and scratching. This causes further skin damage. Hemorrhoids, infections, and other anal diseases may lead to itching. There may be no clear cause. Poor local hygiene will usually cause itching. Perfumed soaps and sprays can also lead to anal irritation. Dietary factors such as caffeine (coffee, black teas, colas), beer, milk products, chocolate, nuts, citrus fruits, tomatoes, spicy seasonings, jalapeno peppers and salsa may cause problems. In many cases no specific underlying cause can be identified.

The following is a list of **DO's and Don't's** to help relieve anal itching

### **DO's:**

DO use plain white Kleenex or a moist cotton washcloth to wipe after bowel movements  
DO take warm tub baths 2-3 times daily especially after bowel movements  
DO place several cotton balls gently between the buttocks to absorb excess moisture especially if you perspire.  
DO use bulk: 100% bran (up to 1/3 cup daily), whole grains or metamucil (1 teaspoon in a glass of water or juice twice daily). Decrease your fiber intake if you become bloated or have excess gas.  
Do watch your diet and eliminate foods that seem to make the condition worse.  
DO take medications as prescribed  
DO wear all-cotton underwear  
DO return to the office as scheduled

### **DON'TS**

DON'T scratch or rub the anal area, wipe gently or pat dry.  
DON'T use scented, colored or floral pattern toilet tissue  
DON'T use harsh or scented soaps  
DON'T use cleansing pads containing alcohol, avoid wet wipes in general  
DON'T drink coffee, tea, alcoholic beverages or cola  
DON'T eat spices, peppers, tomatoes or nuts. When your symptoms improve you may be able to resume eating some of these foods.

**REMEMBER: Itching will not stop immediately, have patience**

**The following is a good barrier cream to be used at night in those suffering from pruritis**

**BUTT PASTE RECIPE**

1 oz DESITIN OINTMENT

1 oz ZINC OXIDE OINTMENT

3 oz BETADINE OINTMENT

15 gm A&D OINTMENT

MIX TOGETHER IN A SEALED CONTAINER.

GOOD FOR 60 DAYS