

## **PRURITIS ANI : PATIENT INSTRUCTIONS**

Anal itching is a problem that affects many people. The exact causes of this problem are often unknown, but moisture around the anus contributes to the itching.

Following the instructions below will usually help eliminate the itching.

- 1 Take a stool bulking agent (Metamucil). Take one teaspoon, two times a day and drink a total of six glasses of water a day.
- 2 Eat a high bulk diet to make your stools bulky. Include bran from the health food store.
- 3 Eliminate the following from your diet:

Coffee (including decaffeinated)

Wine

Beer

Whisky and spirits

Cola drinks

nuts, popcorn

Citrus fruit juices

Milk

You must not consume these for one month, and at the end of that time, you may reintroduce one of the items at a time each week. If the itching reoccurs with one of these items, you may need to eliminate it forever.

- 4 Do not use soap or a flannel cloth to clean the anal skin. After bowel movements, and washing, use moist cotton to apply Bepanthen lotion.
- 5 Use white toilet paper. Do not rub the anus after bowel movements.
- 6 If the itching is worse following bowel movements, fill a small bulb syringe with warm water and insert gently into the anus to rinse.
- 7 Take a bath twice daily adding nothing to the water. Dry the anus thoroughly by using a hair dryer instead of rubbing with a towel. Take care not to use the dryer near water.
- 8 After bowel movements and baths, when the anus is dry, wear a thin piece of cotton (you should not be able to feel it) on your anus. Change it frequently and it may be dusted with baby powder.
- 9 Wear 100 percent cotton underwear. Do not wear tight fitting underwear.
- 10 The itching will **not** disappear overnight. Be patient. The last item which should be eliminated from your treatment program is the cotton pad, and it is the first item that should be recommenced if the itching reoccurs.
- 11 If your symptoms show no signs of improving after this treatment program, please contact Mr McMurrick at Cabrini on 9500 0154