



## PRURITUS ANI FACT SHEET

### **What is Pruritus Ani?**

Pruritus Ani is an intense itching sensation at or near the anus.

### **What causes Pruritus Ani?**

The most common cause of anal itching is excessive anal cleaning.

### **Other less common causes include:**

**Irritation:** soaps, scented toilet tissue, feminine hygiene products, and creams or ointments can bring about the condition.

**Diet:** foods containing caffeine may cause and/or contribute to Pruritus Ani. Coffee, tea, colas, and chocolate have caffeine. Other offenders may include tomatoes, ketchup, milk products and beer.

**Diarrhea:** Pruritus Ani can be caused or aggravated by loose, runny stools.

**Anxiety:** nervous tension and stress may cause or worsen anal itching.

Other rare causes of Pruritus Ani include psoriasis, yeast infections, pinworms and contact dermatitis.

### **How is Pruritus Ani treated?**

If you are experiencing an intense itching sensation in or near your anus, consult with your physician for proper diagnosis. He or she may recommend the following:

- No soap – use only water when washing the anal area, keeping it as clean as possible.
- Avoid the previously mentioned foods and beverages.
- Avoid foods and beverages which may cause diarrhea.
- Stop the use of medications and ointments on the anal area, except when prescribed by your physician.
- Wear cotton undergarments.

Pruritus Ani symptoms do not disappear immediately. Patience, following the above instructions and seeing your physician for a follow-up examination can eliminate your problems with anal itching.