



## **Puritis Ani**

### **10 Commandments for an itchy bottom**

#### 1. Avoid certain foods:

- Citrus fruits.
- Grapes.
- Tomatoes.
- Spices and chilli peppers.
- Large amounts of beer.
- Milk.
- Caffeine - in coffee, tea or cola.

#### 2. Avoid any potential irritants:

- Do not use any creams, lotions or potions (prescribed or bought over the counter)
- Do not use soap or shower gel
- Do not use scented toilet paper or wet wipes

#### 3. Keep clean and dry gently

- After opening your bowels, try not wipe with toilet paper, use the shower
- Do not excessively wipe or dry the area
- If possible, dry the area with a hairdryer
- Wash the area again before going to bed

#### 4. Keep the area cool

- Change to cotton underwear
- Change underwear daily
- Avoid tight Lycra where ever possible
- Shower and dry immediately after exercise

#### 5. Keep moisture away

- After washing and drying, use a cotton wool ball (lightly dusted in non scented talc) placed at the anal canal (not pushed inside) to mop up any mucus. Change it when needed

#### 6. Avoid the "Itch-Scratch" cycle

- Try to avoid itching
- Keep finger nails short
- If itching at night, wear cotton gloves

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- Consider an anti-histamine at night (if itching at night is a problem)

7. Avoid stress and anxiety

8. If taking laxatives, consider stopping or reducing as faecal material in the anal canal can be a problem

9. Check the side effects of prescribed or over the counter medications. Some common medicines eg colchicine (for gout) and peppermint water (for bloating) can cause Puriitis Ani.

10. Most importantly - DO NOT LET THIS TAKE OVER YOUR LIFE. It is self limiting and will resolve (although if you've had Puriitis Ani once, your more likely to get it again 🙄)

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