

Your Weekly Medical Advice

by Dr Pilate Ntsuke

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Itchy Bottom (Pruritus ani)

Pruritus ani is an intense anal itching, which often makes the desire to scratch irresistible. It is estimated to affect approximately 5 % of the population. It is often caused by a combination of irritants including faecal soiling, moisture, some clothing materials and some dietary factors. Even though majority of the cases are due to benign causes a few cases may be due to some serious skin or systemic conditions that may need assessment by your doctor.

Aim to eliminate all irritants by normalisation of bowel motions, good perianal hygiene and avoiding irritating soaps and cleansers including bleached toilet paper. Soap-free cleansers should be used instead when having a shower/bath. Most importantly scratching should be avoided.

See your doctor if the above measures fail to resolve the itch. It is also advisable to see your doctor sooner if the anal itch is associated with other systemic symptoms like bowel upset, weight loss and an already existing skin condition or if there is blood when you open your bowels.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au