



TREATMENT FOR PRURITUS ANI (ANAL ITCHING)

CLEANING:

- Perform gentle peri-anal cleansing by gently wiping the anus with your hand or a soft cloth, soap and water.
- Do NOT scrub the area because this only causes more irritation to the anus.
- Do NOT use soaps, creams, or ointment on your anus.

DRESSING:

- Keep the peri-anal area dry.
- If moisture collects there, you may place a piece of gauze or a thin sanitary napkin between the buttocks to keep moisture from staying on your skin.

ACID ASH DIET:

- The point of the diet to change the pH of the stool which will decrease irritation and itching around the anus.

Fruit	Allowed:	Eat cranberries, prunes, plums in unlimited amounts. Then one serving daily of any other fruit or juice (except those listed below).
	Avoid:	Bananas, rhubarb, and all dried fruits except for prunes.
Cereal	Allowed:	One serving daily of any enriched or whole grain cereal.
	Avoid:	None.
Soups	Allowed:	Broths, any soup made from foods allowed.
	Avoid:	Split pea, dried bean soups.
Protein/Dairy	Allowed:	At least two servings daily of any meat, fish or poultry. One egg daily. Any cheese except those listed below.
	Avoid:	Parmesan and Gruyere cheeses.
Vegetables	Allowed:	Two servings daily of any vegetable except as listed below. Noodles, rice, spaghetti, (substitute macaroni for potatoes).
	Avoid:	Dried peas and beans; beets and dandelion greens; carrots, chard, endive, kale, lima beans, potatoes and spinach.
Bread	Allowed:	At least 6 slices of whole grain or enriched bread or rolls except as listed below.
	Avoid:	Pumpernickel or Boston brown bread.
Beverages	Allowed:	Limit milk to 1 pint per day. Limit cream to 1/3 cup per day.
	Avoid:	Tea, coffee, carbonated beverages, and beer.
Desserts	Allowed:	Prune, plum, or cranberry desserts, custard or cream pie, plain ice cream, cookies and cake except as listed below.
	Avoid:	Gelatin desserts, cornstarch pudding, molasses cookies, and gingerbread.
Miscellaneous	Allowed:	Brazil nuts, walnuts, filberts, peanut butter, cranberry or plum jelly, spices, salt, salad oil.
	Avoid:	Molasses, honey, syrups, pickles, olives, vinegar, and white sauce.