



# Managing Your Cholestatic Pruritus



## Avoid items or situations that cause you to itch

Try to **identify** what's causing your symptoms and avoid it. This might include wool clothing, rooms that are too warm, frequent hot baths, or a specific cleaning product.



## Moisturize daily

Apply **hypoallergenic** and **fragrance-free** moisturizer to affected skin at least once a day. For dry skin, thicker creams and ointments may work better than lotions.



## Treat your scalp

You might need to try several products before finding one that works for your hair and condition, or you may find that alternating between products helps. For a dry, itchy scalp, consider trying **over-the-counter (OTC) medicated shampoos** designed to treat dandruff. Don't use a medicated shampoo right after a chemical relaxing process — rather, use a neutralizing shampoo.



## Reduce stress and anxiety.

Stress and anxiety can worsen itching. Many people have found that techniques such as **counseling, behavior modification therapy, acupuncture, meditation, and yoga** can help reduce stress or anxiety.



## Try over-the-counter oral allergy medicine.

Some **OTC allergy medicines** (like antihistamines) can make you drowsy. This type of pill might be helpful before bedtime if your itchy skin disrupts your sleep.



## Use a humidifier.

A humidifier may provide some **relief** if home heating causes the air in your home to be dry.



## Use creams, lotions or gels that soothe and cool the skin

Short-term use of **nonprescription anti-inflammatory steroid cream** may temporarily relieve an itch accompanied by red, inflamed skin. Or try calamine lotion or topical pain relief cream. Keeping these products in the refrigerator can enhance their soothing effect.



## Avoid scratching.

**Cover** the itchy area if you can't keep from scratching it. **Trim** your nails and, if it helps, wear gloves, mittens, or socks to prevent scratching while you are asleep.



## Take a bath.

Fill a tub filled with lukewarm water, sprinkle in about half a cup of Epsom salts, baking soda or an oatmeal-based bath product. Use a mild cleanser, limiting its use to the underarms and groin. **Don't scrub too hard, and limit your bathing time to no more than 20 minutes.** Then rinse thoroughly, pat dry and moisturize.



## Stay well rested.

Getting enough **sleep** might reduce the risk of itchy skin.

