Perineal/Perianal Care "Burning Bottom"
Patient Education

Sitz Bath

- May use 3 times a day, especially after a bowel movement.
- Warm soaks aid in decreasing discomfort and keeping the area clean.

Desitin and Nystatin

- May apply 3 times a day or as needed.
- Relieves burning sensation to both areas.
- Acts as a skin barrier to protect skin from stools with increased bile acids.
- Recommended for moist desquamation.

NDX (Nystatin, Desitin, Xylocaine Jelly 2%)

- May apply 3 times a day or as needed.
- Requires a prescription.
- Relieves pain and sensation of "burning bottom".

Anusol HC Suppositories or Proctofoam

- For internal pain and lower rectum inflammation.
- May need to use Anusol HC suppositories for hemorrhoids, proctitis, and tenesmus (pressure sensation with no stool).

Recommendation from ASTRO 2000 (American Society for Therapeutic Radiology and Oncology)