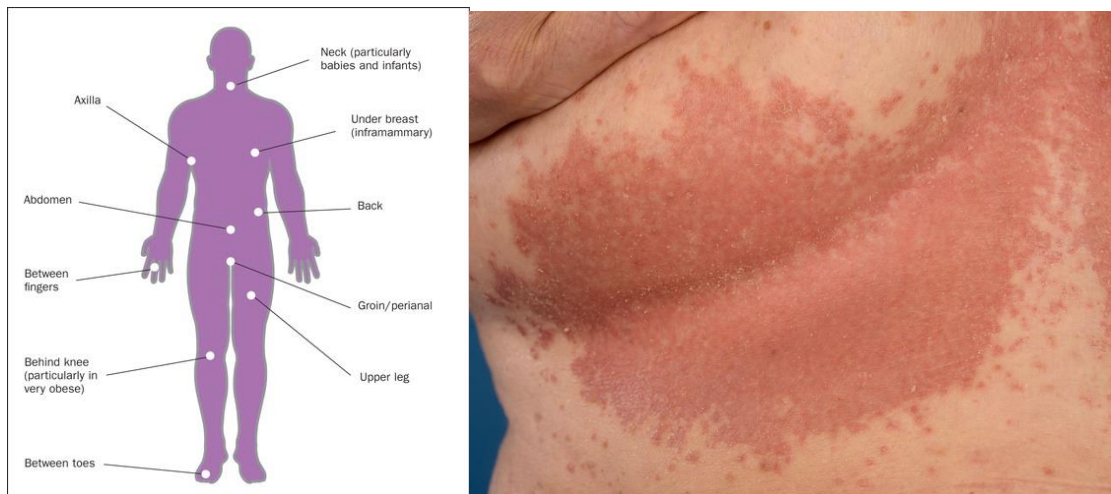


SELF-CARE INFORMATION ON INTERTRIGO

Intertrigo is a rash that develops in your skin folds (where skin rubs against other skin), such as your armpits, groin (tops of your legs) and under the breasts. These areas can get hot, sweaty and moist, and the skin in the folds may get irritated and swollen.



The red rash that develops with intertrigo is often sore and itchy. You may have yellow-white scaly skin on the rash. Sometimes, your skin cracks or peels.

Candida (a yeast) can cause intertrigo.

Treatment

If your pharmacist or GP thinks that you, or your child, may have a fungal skin infection they may give you clotrimazole 1% cream or miconazole 2% cream or ointment to clear it. If you are taking a medicine such as warfarin to thin your blood use clotrimazole cream.

Spread the cream on your rash and the areas around it:

- Use clotrimazole 1% cream 2 to 3 times a day for at least 2 weeks.
- Use miconazole 2% cream 2 times a day (morning and night) for at least 2 weeks.
- For each cream, carry on using it for 1 to 2 weeks after the rash has gone so that the rash does not come back.

If your skin is very red and itchy, your pharmacist may give you some hydrocortisone 1% cream to use 1 to 2 times a day in addition to the antifungal or a combination cream or ointment such as Daktacort or Canesten HC.

Spread a thin layer over your rash. Only use the cream once a day if you are using it on your groin. Don't use cream containing steroid for longer than 14 days unless directed by your doctor.

Other measures

- *Wash* the skin affected by the rash every day.
- Use a *moisturising cream or ointment* (emollient) instead of soap when you bath or shower. *Dry* your skin carefully afterwards, particularly in your skin folds.
- Keep your skin *dry* and exposed to air as much as possible.
- Wear *loose fitting clothes*, ideally made of *cotton*.
- *Wash your clothes* and bed linen regularly to get rid of any fungus.
- *Wash your towels* regularly as you can get infected again by the fungus on towels
- *Don't share towels* as you can pass the fungus causing intertrigo on to other people.

When to speak to your GP

See your doctor if:

- you have a weakened immune system from cancer therapy, steroid therapy or other medicines or conditions
- you have diabetes that is not well controlled, and you haven't seen your doctor in the last 3 months
- you've treated your rash for 2 weeks and it hasn't got better, or it's getting worse. This might mean that you also have a bacterial infection.
- you keep getting intertrigo.

Useful contacts

- Ask your pharmacist
- Patient UK - www.patient.co.uk
- NHS Choices, www.nhs.uk/conditions/

If you have further questions:

Call the ***practice*** on *01285 653184* or *01285 653122*

If you require ***urgent*** medical advice, call *111 (24 Hrs)*

In an ***emergency*** call ***999***