

# Symptom Information<sup>a</sup>

## Primary biliary cholangitis (PBC)

### Talk to your doctor about managing your pruritus (itching) so you can focus on your treatment goals

Medical guidelines suggest several options for treating pruritus—one of the most common symptoms of PBC.



Over the course of the disease, up to **70%** of people may experience pruritus.

Ask your doctor about the list of possible treatments, including prescription medicines, recommended by medical guidelines to see if any might help you.

- The guidelines suggest trying bile acid sequestrants or other prescription options.

In addition to prescription medicines, your doctor may encourage you to try lifestyle management options.

#### **Avoid:**

- Excessive washing and bathing, which can increase skin dryness
- Contact with irritants
- Very hot and spicy foods
- Strain and stress

#### **Apply/**

- Topical lotions that contain tannins, camphor, or menthol
- Skin moisturizers
- Mild, nonalkaline soaps and lukewarm water
- Wet, cold, or moist wraps
- Relaxation techniques
- Training to stop the cycle of itch, scratch, itch



If you experience pruritus, you don't have to suffer in silence. Talk to your doctor to see what you can do to manage your PBC symptoms.

<sup>a</sup>This information is not intended to replace the advice of your doctor or other healthcare professional. All decisions regarding drug administration and dosing should be made by the prescriber using his/her clinical judgment.