



DOCTOR DISCUSSION GUIDE

Managing Scabies

When it comes to treating scabies, your doctor can walk you through your options and help manage the itching that can come with the infection. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Crusted Scabies	Crusted scabies (also called Norwegian scabies) is a more severe form of the disease that is extremely contagious. It primarily impacts people with weakened immune systems like the elderly, who may not show the usual signs and symptoms of scabies like itching or a rash.
Human Itch Mite	The human itch mite—scientific name <i>Sarcoptes scabiei</i> or <i>hominis</i> —are tiny mites that cause scabies. These microscopic bugs burrow into the skin to live and lay their eggs, which is what prompts the itchy rash.
Impetigo	Scratching too much can lead to a shallow bacterial infection in the skin, also called impetigo. If this happens, your doctor might recommend an antimicrobial cream or oral antibiotic.
Permethrin Cream	There are a few options available to treat scabies, but permethrin cream is perhaps the most common.
Pruritus	Pruritus is a more technical way to describe the intense itching common with scabies infections.
Scabicides	Scabicides are the creams and products used to treat scabies infections.

An illustration at the top left of the page shows a doctor in a white coat with a stethoscope around their neck, talking to a male patient. The doctor is holding a clipboard with a checklist and a pen. The background is a light blue gradient.

Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage your scabies.

About Symptoms

- If I scratch at the mite burrows, will I get a bacterial infection? How can I tell if I develop one?
- Is there anything in my health history that might make the symptoms more severe?

About Causes & Risk Factors

- How did I get scabies? Is it a hygiene thing?
- Am I contagious? What can I do to prevent passing on scabies to other people?

About Diagnosis

- Why do you think my symptoms are due to scabies and not a skin condition like eczema?
- Should my family members be treated for scabies? What about my sexual partner(s)?

About Treatment

- Will any of my current medications interfere with the treatment options for scabies?
- Are there any scabicides I shouldn't take because of my weight or because I'm pregnant or nursing?
- How long will it take the treatment to kill the mites?
- Is there something I can do or take to help relieve the itching?
- Should others around me get treated for scabies, too?
- What should I do with my clothes and linens? Is washing them in the laundry enough to kill off the mites?
- Are there any people or activities I should avoid until the treatment is done?
