

# Pinworms

## What are pinworms?

Pinworms are tiny thread-like worms that can infect a human's colon. Pinworm infection, or enterobiasis, can cause intense itching and irritation of the anus and sometimes in girls the vagina, but is otherwise harmless. Infection usually occurs in children preschool through ten years old. The worms can be seen around the anus especially at night. It is rare to see them on a bowel movement. Pinworms are the most common worm infection in the U.S.

## How do you get it?

Hand-mouth contact is the normal mechanism of spread meaning one child itches their bottom then plays with a toy and another child plays with that same toy then eats without washing their hands (it happens, sorry).

## How are pinworms diagnosed?

If your child is itching their bottom like crazy, take a flash light and look at their bottom. If you see little white ¼" thread-like creatures moving, they have pinworms. You can also put a piece of tape by their anus before bed and try to catch them. If you are unsure or your child seems sick or has a very red bottom go see your doctor.

## How are pinworms treated?

Medication is very successful in treating pinworms. Give your child one dose of pinworm medicine right before bed (dosage chart on next page). In the morning have them shower, wash all the pj's, bedding and stuffed toys and vacuum around their bed. Treat all family members that are having symptoms (unless you are pregnant or breastfeeding then please check with your doctor). Make sure you treat again in 2 weeks. Your child does not have to miss any school. Have your child shower every morning and make sure they or you wash their anal area with soap and water and rinse carefully. Clip their fingernails to reduce spread of pinworm and injuries to their bottoms from scratching.

If multiple pinworm infections have occurred in your family then treat all household members (except if pregnant).

## When should you worry?

If your child is still itchy 5-7 days after treatment or they have an increased amount of redness around their anus or signs or symptoms of illness, make an appointment with their doctor.

**Pinworm medication:** Pyrantel Pamoate (Pin-X or Reese's Pinworm Medicine, both found over the counter). **Please see back of page for medication dosage chart.**

## Pinworm Medication

Adults and children dosages below. Do not exceed 1 gram (meaning do not go over 4 teaspoons or 4 tablets). Dosages are given orally once at night and then repeated in 2 weeks.

### **PYRANTEL PAMOATE LIQUID 50mg/ml:**

25-37 pounds = ½ teaspoon or 2.5 ml

38 to 62 pounds = 1 teaspoon or 5.0 ml

63 to 87 pounds = 1 ½ teaspoons or 7.5 ml

88 to 112 pounds = 2 teaspoons or 10 ml

113 to 137 pounds = 2 ½ teaspoons or 12.5 ml

138 to 162 pounds = 3 teaspoons or 15 ml

163 to 187 pounds = 3 ½ teaspoons or 17.5 ml

188 pounds and over = 4 teaspoons or 20 ml

### **PYRANTEL PAMOATE CHEWABLE 250mg:**

25 to 37 pounds = ½ tablet

38 to 62 pounds = 1 tablet

63 to 87 pounds = 1 ½ tablets

88 to 112 pounds = 2 tablets

113 to 137 pounds = 2 ½ tablets

138 to 162 pounds = 3 tablets

163 to 187 pounds = 3 ½ tablets

188 pounds and over = 4 tablets