

Instructions for scabies treatment

Dear Parents and Patients,

You or your child have been found to have an infestation of itch mites and you have been prescribed ivermectin-biomo 3 mg tablets to treat scabies, an itch mite infection. The medical term for such an infestation is scabies. To successfully and swiftly treat this illness, please note the recommendations from your doctor and the following general information.

What is scabies?

Scabies mites are only about 0.3 - 0.4 mm in size, and use their powerful jaws to burrow into the upper layer of human skin. In doing so, they tend to prefer certain areas of the body, such as the hands and feet, crooks of the elbows or pubic region. Intense itching will develop in the affected areas, especially at night when it is warm in bed. The irregular, often comma-shaped burrows are visible to the naked eye or can be seen with a magnifying glass. Inflammatory reactions and scratching of the itchy skin will result in the development of longitudinal nodules or even blisters, which will later become encrusted. If you or your child are affected by scabies, this is not generally due to a lack of personal hygiene. The parasites do not make any distinction between age, cleanliness or social class. Hygiene is very important, however, if the pests are to be eradicated in the long term. More information about this can be found in the following text.

How does scabies spread?

Scabies mites are passed from one person to another through close skin contact. The first signs of an infestation generally take 2-6 weeks to appear after contamination, or less in the event of recontamination. In community facilities, such as schools, nurseries, children's homes, retirement and nursing homes, cases of infestation are sometimes more common. This applies in particular if sleeping quarters are shared. Scabies is rarely transmitted through bedding, upholstery or wool blankets. Scabies mites can survive outside the body for 3-4 days, but much longer in cold and humid climates.



How to take ivermectin-biomo 3 mg

Ivermectin-biomo 3 mg tablets with the active ingredient ivermectin are dosed individually according to body weight (0.2 mg per kg body weight). Your doctor or pharmacist will calculate and let you know how many tablets you need to take.

Take the number of tablets that your doctor has prescribed for you all at once with water on an empty stomach. Do not eat within two hours before and after taking the tablets as it is not known how food influences the intake of the medicinal product in the body.

For children under 6 years of age, the tablets should be broken up before being swallowed.



When should you take the tablets?

The tablets can be taken at any time of day. Take the number of tablets calculated for you on an empty stomach. You can go back to work or children can go back to nursery or school 24 hours after taking the tablets.

What should you bear in mind before taking the tablets?

Keep your fingernails and toenails as short as possible and clean them carefully. Long nails can offer the itch mites a place to hide.



Which other hygiene measures are important for successful treatment?

Changing of clothes

Make sure that you also put on fresh clothes when you take the tablets. There may be skin flakes and itch mites in the clothing that you have worn.

Use fresh towels and wear fresh clothes for at least 4 days following the treatment. In addition, change your bed linen the morning after the treatment.

Correct way to wash

Bed linen and the towels and underwear used in the last 4 days should be washed in the washing machine at a temperature of at least 60°C. Please store all of the clothing that you have worn and that cannot be washed in accordance with the requirements (at a temperature of at least 60°C) and objects that have been in contact with your body for prolonged period of time (blood pressure cuff, shoes, cuddly toys, etc.) in a well-sealed plastic bag for 72 hours in a warm, dry place (at least at 21°C).

You can also dry clean clothing that cannot be washed at 60°C. You can put on fresh, clean underwear without any concerns.

Other objects

Mattresses, upholstered furniture, cushions and carpets should be cleaned thoroughly once with a vacuum cleaner (be sure to replace or thoroughly clean the filter afterwards). All other flooring and furniture should be damp cleaned once.

It is neither sensible nor effective to use pest control measures (pesticides or insecticides) in the household. Disinfectants are completely ineffective against scabies mites.

What must be taken into account in the days following the treatment?

It is generally sufficient to only take ivermectin-biomo 3 mg tablets once. The itching typical of scabies usually lasts a few days to weeks.

In the meantime, you can carry out skincare measures to alleviate the itching (e.g., with moisturising creams). If the itching is very severe, your doctor may also prescribe antipruritic preparations.

Should contact persons also be treated?

It is imperative that people who live in the same household, i.e., generally all family members and all other close contact persons, are also treated, no matter whether or not they have any symptoms such as skin changes or itching. Your doctor should determine who should also undergo treatment.

Please note: The content of this brochure is for information purposes only and cannot under any circumstances replace medical advice. If you have any specific questions, please consult your doctor.



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