JOCK ITCH (TINEA CRURIS)

What Is Jock Itch?
Jock Itch is a fungal or yeast infection of the groin.

What Does Jock Itch Look Like?
Jock Itch may appear as a red to brown rash (rough, painful skin) or sometimes as a ring (ringworm) and it is usually “itchy”.

How Is Jock Itch Treated?
Jock Itch can be treated with over the counter medications that contain Clotrimazole 1%, such as Miconazole 2% Micatin, Tolnaftate 1% (Tinactin).

Follow the instructions on the over the counter medication you select to treat the area or follow specific instructions as given by your health care provider. It is important to keep the area clean, wash with soap and water frequently and dry completely. Avoid tight fitting non-cotton athletic equipment, attire or undergarments.

What About My Sex Partner?
Your sex partner(s) should also have an exam. Jock Itch can be spread by skin to skin contact; you may need to avoid sexual contact during this time. The skin creams and ointments used to treat Jock Itch are often oil based and are not safe to use with condoms.

How Can I Avoid Getting Jock Itch?
Never share towels or clothing. Be sure to change undergarments daily. Make sure to wash athletic equipment (athletic supporters, gym clothing, or socks) between uses. Be sure to dry your groin thoroughly. Avoid underwear made of nylon or other non-absorbing materials.