

San Francisco Gastroenterology SFGIMD.COM

For the care of your hemorrhoids and/or anal fissure, please follow these instructions:

- Purchase a fiber supplement, such as Metamucil or Citrucel (no prescription is required) at your local pharmacy or drugstore. Pour one tablespoon into a glass of water or fruit juice. Drink the mixture once or twice a day.
- Increase your dietary fiber intake (cereal, assorted breads, fruits & vegetables). Aim for 30-40 grams of fiber per day. Reading the nutritional labels on the packages will enable you to have an idea of how much fiber is contained in each serving.
- Drink 6-8 glasses of water per day (caffeinated drinks do not count)
- Avoid straining at stool. Spend a minimum amount of time on the commode when having a bowel movement (limit distractions such as reading, phone conversations etc).
- After a bowel movement, wipe with soaking wet toilet paper or a medicated wipes such as Tuck's.
- Apply Preparation H ointment to the anal region after bathing, showering or a bowel movement. You can purchase the ointment without a prescription at your local pharmacy or drugstore.
- Soak your buttocks in warm/hot water for 20 minutes once per day.