



INSTRUCTION SHEET

****These instructions are KEY to successful treatment so please follow them.****

****Please read the following instructions in its entirety, if you have additional questions, do not hesitate to contact the office.**

****NO prescription is necessary for the following items, unless indicated.**

****Continue the following SPECIAL INSTRUCTIONS (Checked items only) until your next appointment (unless otherwise indicated) and follow directions on package unless otherwise instructed by your provider:**

Fiber: (these are used as bowel regulators even though the package states it is a laxative and OK to use long term)

Konsyl powder once daily as directed.

Benefiber powder twice daily as directed.

Lubricant: Mineral Oil (drink by mouth) 2 tablespoons a day for two (2) weeks only. Do not use during periods of loose stools. This provides a lubricant to prevent irritation to internal hemorrhoids. **NOT TO BE USED LONG TERM**, due to the possibility of decreased absorption of vitamins and minerals- only use for two-four weeks unless otherwise instructed.

Stool Softener (over the counter): Surfak Colace

Cleansing:

Desitin Creamy Apply to tissue for cleansing rectally, after each bowel movement.

Aveeno daily moisturizing lotion: Apply to tissue for cleansing rectally, after each bowel movement.

Dr Butler's wipes for cleansing rectally, after each bowel movement (these are the only recommended wipes)

For **discomfort** & to decrease **external swelling**:

Warm Witch Hazel (heat up & apply with cotton balls) 15 mins. 4x / day

For **irritation, discomfort or itching**: Desitin Warm Aveeno Baths twice a day

Mix the following checked medications in equal amounts together and apply to the tip of any applicable suppositories then insert rectally this assures that the medication reaches the internal hemorrhoids (Used to increase effectiveness of treatments). Use for two (2) weeks post procedure. otc=over the counter

Proctocream (prescription required) decreases inflammation and swelling..

Dr. Butler's Ointment insert rectally 2x a day (available in office only) and before bowel movements If Irritation occurs discontinue & call the office this may be an indication of an allergy to one of the components.

Anusol HC 25mg Suppositories insert rectally 2x a day (prescription required). NOT laxatives.

Canasa Suppositories insert rectally at night (prescription required, no alternative available). NOT laxatives.

Bactroban (prescription required) (generic Mupirocin) anti-bacterial.

Xylocaine 5% ointment (prescription required) (generic Lidocaine) numbing cream for discomfort.

LMX5 otc (may need to order from pharmacy) numbing cream for discomfort.

Calmol4 otc Suppositories insert rectally 2x a day-these are a vehicle for your creams, they are NOT laxatives.

Dietary Recommendations (After treatments minimize alcohol, caffeine and dairy follow for a minimum of two (2) weeks):

Follow a High Fiber Diet

No Dairy Products (yogurt is ok)

No Caffeine (tea, coffee, soda, chocolate, others.)

Additional information: AVOID anti-coagulants (once cleared by prescribing provider) and/or anti-inflammatories (i.e. Aspirin, Aspirin products, Advil, Aleve, Ecotrin, Ibuprofen, Motrin ect) x 8 days before and/or 2 weeks after any procedure including the IRC and RBL. RECTAL BLEEDING may be seen after treatment, sometimes even after 1 to 2 weeks. This can be normal, however call the office if it does NOT resolve after 10 minutes, repeats every few hours or more often, or if there is also abdominal cramping &/or blood clots & mucous. If unable to reach the provider on call go to the nearest emergency or call 911. Tylenol is ok to use.