

Therapy for

Constipation

Hemorrhoids / anal fissure

Irritable bowel with constipation

Eat more fiber in your diet .

Vegetables, legumes and nuts. Lettuce, carrots, spinach, asparagus, beets, mushrooms, turnip, pumpkin, baked potatoes and sweet potatoes with skin, broccoli, artichokes and string beans, chickpeas, sunflower seeds, almonds, pecans

Fruits, apples, bananas, peaches, pears, prunes, berries.

Grains ,oat meal, whole grain bread, brown rice, popcorn, bran muffins, cereals with bran.

Fiber supplements

Common over the counter supplements generic name PSYLLIUM brand Metamucil , Fibercon, Citrucel, Benefiber. All major stores have their own generic band.

Take once or twice a day.

Stool softeners Generic name Docusate, brand name Colace , Surfak, dose 100 mg 1 tablet once or twice a day. All major stores have their own generic band.

Laxatives generic name Polyethylene glycol (PEG 3350) brand name Miralax. Dissolve one capful of powder in a 17 oz glass of water and take once daily at night.

Sitz baths put three inches of warm water in bath tub and sit in it for 10 minutes one or two times a day .Can also buy plastic basin (Sitz bath \$ 8) that will fit on regular toilet for sitting in.

Suppositories, over the counter Preparation H or prescription Anucort HC 25 mg insert in rectum twice a day. For Anucort use coupon from Goodrx.com if not covered by insurance.