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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 baked sweet potatoes with skin, broccoli, artichokes and string beans, chickpeas, sunflower seeds, almonds, pecans.

Fruits: Apples, bananas, peaches, pears, prunes, berries

Grains: Oatmeal, whole grain bread, brown rice, popcorn, bran muffins, cereal with bran

Fiber Supplements:

Common over the counter supplements generic name PSYLLIUM brand Metamucil, Fibercon, Citrucel, Benefiber. All major stores have their own generic brand. (Take once or twice a day)

Stool Softeners: Generic name is Docusate; brand name is Colace, Surfak (take 100mg tablets once or twice a day) All major stores have their own generic brand.

Laxatives: Generic name Polyethylene Glycol (peg 3350). Brand name Miralax. (Dissolve capful of powder in 8oz glass of water and take once daily and night before bed)

Sitz Baths: Put three inches of warm water in the bath tub and sit for 10 min one or two times a day. You can also buy plastic basins (sitz bath \$8) that will fit on a regular toilet bowl for sitting in, if you have problems getting in and out of the bath tub.

Suppositories: Over the counter Preparation H or prescription Anucort HC 25mg (insert in rectum twice a day. For Anucort use GoodRX coupon if not covered by insurance.

Examples of Medications suggested for Constipation, Hemorrhoids/Anal Fissure:

