

# Dr Susan Shedda

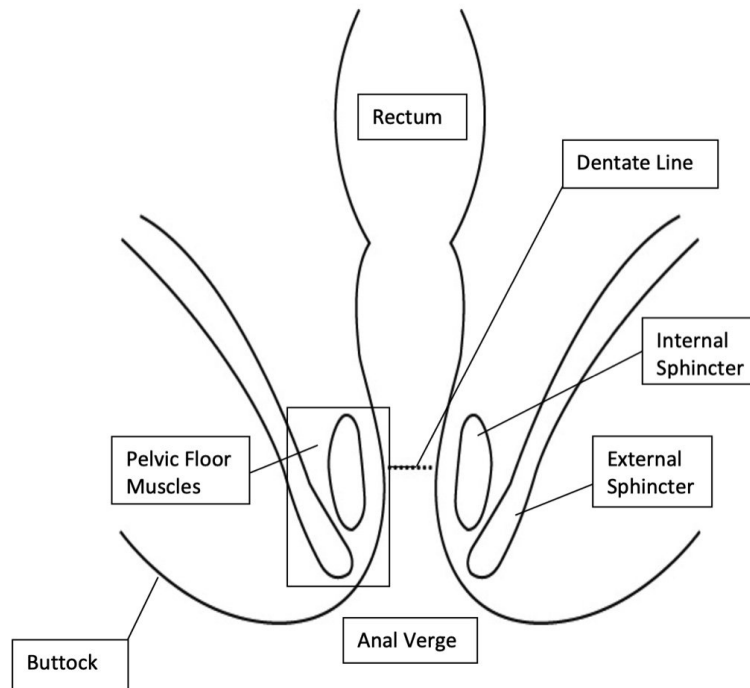
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## ANAL FISSURE



### Creams:

- ☐ Rectogesic - 1cm three times a day applied around your anus. Only to be used if not breastfeeding or pregnant.
- ☐ Nifedipine - 1 cm three times a day applied around your anus. Only to be used if not breastfeeding or pregnant.
- ☐ Lignocaine Gel – use before your bowel actions to help with pain. Use a protection glove, otherwise your finger will be numb.

### Laxatives:

- ☐ Metamucil/Benefibre – dosage as per instructions on packet
- ☐ Coloxyl - as per instructions on packet
- ☐ Lactulose – 20ml – 30ml 2 to 3 times a day

**You also need to drink approximately 2 litres of fluid a day. The easiest way is to sip throughout the day using a bottle in your bag.**

It is very important that you avoid straining your bowel and maintain a high fibre and high fluid intake to maintain a soft easily-passed bowel motion, with the consistency of toothpaste.

**Please contact our office as soon as possible on 9349 5558, if you develop any of the following symptoms:**

- Severe pain not relieved by pain killers
- Temperature more than 38<sup>0</sup>C
- Any pus (green fluid)
- Heavy anal bleeding.
- Swelling or redness.
- Severe headache while using Rectogesic.
- If you do not notice any improvement in your symptoms after 2-3 weeks

**Please notify us immediately if you suspect you are pregnant or are breastfeeding, while you are undergoing treatment.**

*This information is for general use and further information will be discussed with you at your appointment. If you have any further questions which have not been answered, please contact me on 9328 8890.*