

**INSTRUCTIONS FOR PATIENTS
WITH ANAL FISSURE:**

1. Begin taking a fiber supplement. Metamucil or Konsyl work the best. Citrucel is better tolerated than these, but does not work as well. If you still have hard bowel movements when using the fiber, add Miralax 1-2 times daily.
2. Drink at least 8 large glasses of fluid per day. The more you drink the better. Beverages with caffeine (coffee, tea, cola), alcohol or artificial sweeteners do not count. Water or fruit juices are the best.
3. You may have been given a prescription for Diltiazem or Nifedipine ointment. Apply a pea-sized amount to the anal area twice a day. If you experience a headache or dizziness, use less of the ointment or apply it only in the evening before bedtime.
4. If the ointment helps relieve the pain, continue to use it for 4 to 6 weeks, and keep your regularly scheduled appointment. If after one week you notice no difference, call the office.

NOTE:

Your prescription for Diltiazem or Nifedipine Ointment can be obtained from one of the pharmacies listed below:

<u>Maida Pharmacy</u>	<u>Johnson Compounding and Wellness Center</u>	<u>Custom Medicine Pharmacenter</u>
121 Massachusetts Avenue Arlington, MA 02474 Phone: 781-643-7840	577 Main Street Waltham, MA 02452 Phone: 781-893-3870	25 Cabot Street Beverly, MA 01915 Phone: 978-524-4800
<i>Hours of Operation:</i>	<i>Hours of Operation:</i>	<i>Hours of Operation:</i>
Monday-Friday 9am to 8pm Saturday 9am to 3pm	Monday-Friday 9am to 7pm Saturday 9am to 5pm	Monday-Friday 9am to 6pm Saturday by appointment
Will Ship - \$6.00 Will deliver locally	Will Ship – 1-3 days free or Priority (2-days) \$7.00	Will Ship – USPS Priority Mail Charges Apply