



QUEEN CITY

GASTROENTEROLOGY
& HEPATOLOGY

320 Lillington Ave, Suite 101

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Anti-Hemorrhoid recommendations

General helpful hints:

- You can reduce the risk of constipation by using **Benefiber** daily. Take 2 teaspoons of Benefiber daily with every meal. You may use Benefiber in baking or mix it in beverages.
- Colace 100mg by mouth twice daily as needed for constipation and to soften stools.
- When using the restroom, limit the amount of time you spend sitting on the toilet. Only sitting for 2-3 minutes at a time will eliminate the pressure applied to the anus area. You may visit the restroom more frequently if needed, again only sitting for a limited time.
- When showering, use only water around the rectal area. Soaps can cause irritation and problems to the rectal area.

If you have any questions, please contact our office at 704-362-4403