

New Providence Internal Medicine Associates

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TREATMENT FOR HEMORRHOIDS

- Colace (a stool softener): one capsule twice daily. Generic is OK.
- Metamucil or Citracel (fiber supplement): start with one teaspoon in fluid each day. Increase slowly as needed.
- Calmol-4 suppository (lubrication): insert one into the rectum after each bowel movement. This will prevent the hemorrhoid from becoming worse.
- Sitz Baths (hot water): soak for 10 minutes twice a day.
- If there is persistent pain or bleeding, please follow-up with the office.