

## Haemorrhoids

<b>Follow-up Advice</b>	<ul style="list-style-type: none"><li>• Consider supply, but the patient should be advised to make an appointment to see the GP:<ul style="list-style-type: none"><li>- Haemorrhoids of more than 3 weeks duration</li><li>- Suspected drug-induced constipation</li><li>- Small amount of fresh blood in stool</li></ul></li><li>• Patients should consult their GP if symptoms have not started to improve within 7 days.</li></ul>
<b>Counselling Points</b>	<ul style="list-style-type: none"><li>• Relieve constipation and ensure soft stools:<ul style="list-style-type: none"><li>- Recommend an increase in dietary fibre and fluid intake (wholemeal foods, bran, vegetables and so on, with 8 glasses/12 cups or more of caffeine-free fluid a day)</li><li>- Consider fibre supplements (bulk-forming agents) to enhance the dietary fibre (see protocol for constipation)</li></ul></li><li>• Correct insertion /application of the product</li><li>• Cleansing of anal area with soap and warm water will give relief from pruritus ani.</li></ul>