

HOW FIBER WORKS

Metamucil - This should be taken forever.

- **Non-diabetic: (regular)** 2 heaping Tablespoons of smooth orange flavor in 10-12 oz. water/ juice every **night**.
- **Diabetic: (sugar free)** 2 heaping teaspoons of smooth orange flavor in 10-12 oz. water / juice every **night**.

****Mix the powder in liquid then drink quickly****

Metamucil contains Psyllium which is a bulk forming fiber without chemicals (*may buy generic brand*)

MiraLAX

- 17 grams = 1 cap full in 10-12 oz. liquid once a day
- Miralax contains Polyethylene Glycol to help treat constipation.
- It works by replenishing the water to your digestive system, which helps naturally causing a bowel movement. This water both increases the frequency of bowel movements and softens the stool making it easier to pass.

Benefiber

- 2 tablespoons in 10-12 oz. of liquid two times daily

Citrucel

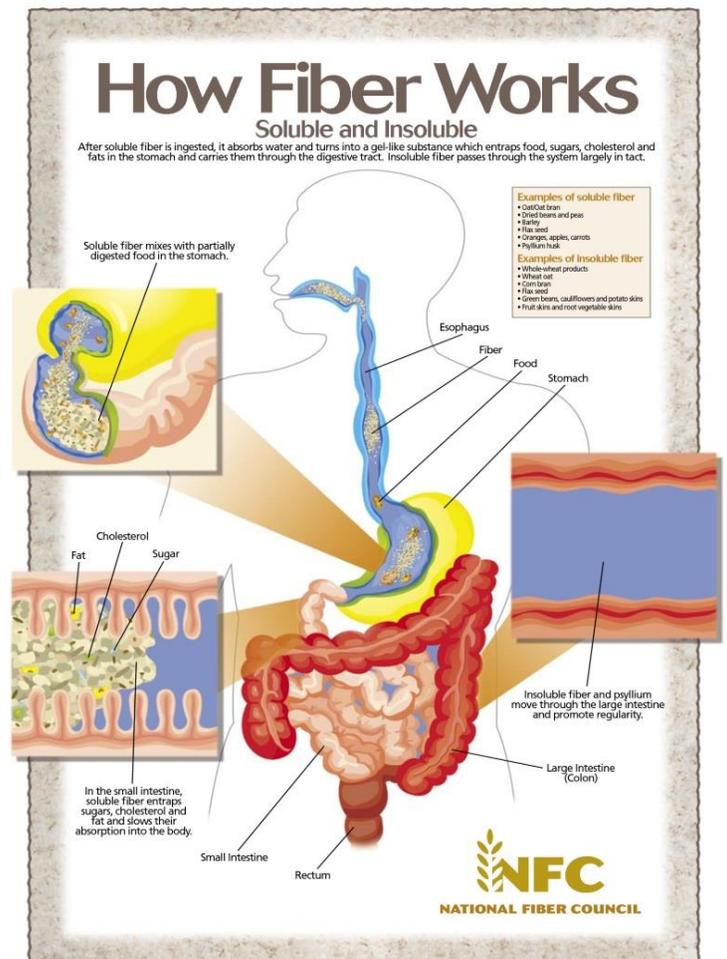
- 2 tablespoons in 10-12 oz. of liquid once a day

Probiotic

- Over-the-counter and can be picked up at any local drug store. Taken daily.
- For example: **Align**.

Additional Recommendations

- Avoid sitting on toilet for longer than 2 minutes.
- Do not strain while on toilet.
- No reading or using phones while on toilet
- Sitz baths may help with anal pain: Soaking in warm bath water for 10 minutes three times a day



Your Medication Has Been Sent to St. Luke's Pharmacy

St Luke's pharmacy is located in 350 South medical building. M-F: 8-5:30, Sat: 9-12.

Lidocaine 10mg/Hydrocortisone 35mg Suppositories:

- These suppositories are used to help with irritation and inflammation.
- When inserting suppositories make sure to administer up to the second knuckle to ensure that medication will be absorbed properly and not expelled prematurely.

Neomycin 15mg/Hydrocortisone 50mg Suppositories:

- The antibiotic helps with healing and steroid will help with inflammation.

Diltiazem and Lidocaine Gel:

- The gel helps to decrease spasm and alleviate pain.
- Insert gel up to the first knuckle.

Lidocaine 1%/Hydrocortisone 2.5% cream:

- This topical cream is used to help with irritation and inflammation.

Calmoseptine: (OTC- but can purchase at St lukes)

- This medication is a skin barrier cream. It allows the fragile skin time to heal and keeps it protected.
- You can apply as many times throughout the day as needed but at least twice per day and after every bowel movement.

Thank you for choosing