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## **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.
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 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 two weeks, and keep your regularly scheduled appointment. If after one week you notice no difference, call the office.

### **NOTE:**

Your prescription for Nifedipine Ointment can be obtained from Johnson Drug.

Telephone:    781-893-3870.

Address:        577 Main Street  
                      Waltham, MA 02452

