

Mr Raymond Yap

MBBS, BMedSci, MSurgEd, FRACS, FCSSANZ
Colorectal and General Surgeon
Laparoscopy, Robotics, TEMS/TAMIS, taTME
Open Access Colonoscopy & Gastroscopy
Colorectal Cancer, Diverticulitis, IBD
Haemorrhoids & Anorectal Disease

CR Surgery Clinic

Suite 20, Cabrini Malvern
Isabella Street, MALVERN 3144
Ph: 61 3 8376 6429
Fax: 61 3 9509 0812
Website: <http://crsurgery.com.au>
Email: info@crsurgery.com.au

BOWEL MANAGEMENT INSTRUCTIONS

Unfortunately, Western diets contain insufficient fibre needed for bowel health. In addition, many of us have developed toileting habits that predispose us to haemorrhoids, diverticular disease and other bowel/rectal/anal conditions. Raymond has gone through some of these instructions with you today.

Diet

- Eat as much fibre as possible eg. whole grain breads, cereals and oats. 30g/day is needed=15 slices of bread! Except for prunes, fruit/vegetables do not have much fibre, hence why you should take the fibre supplement.
- Drink at least 6 glasses of water a day.

Supplements – no prescription needed

- **Fibre supplements** – Take 2-3 teaspoons of a powdered fibre supplement (eg. Metamucil, Benefiber, psyllium husk) mixed in a glass of water or juice once in the morning. You can increase to twice a day if you are constipated.
- 2-3 Metamucil tablets (or other) can also be used as it is similar.
- Fibre supplementation **will not give** you diarrhoea. The most common complaint is a feeling of bloating/gas.
- **Stool softeners** – If required, take some Movicol if your stools are still hard. If this is needed, take a Movicol sachet, 1-2x a day. You may increase this up to two sachets, twice a day if you are constipated or straining.
- Coloxyl (NO SENNA) 1-2 tablets, 1-2 times a day can be used as well.

Toileting Habits

- Avoid spending more than 3-5 minutes on the toilet. The act of sitting over a hole creates more pressure on your anal region, predisposing you to haemorrhoids and other conditions. If you need to sit on the toilet for other reasons, sit on the lid i.e. like a chair.
- Avoid straining or pushing your stool out. Again, this increases the pressure on the anal region.
- Try not to become constipated or to have hard stools – follow the diet and supplements advice.
- Avoid toilet paper as this is like sandpaper to your rear end! If possible, clean the area only with water. A bidet can help with this. Do not use lotions, soaps or creams unless directed as these can irritate your anus.
- When not at home, use baby wet wipes that only have water in them (no scents, creams or additives). These soft wipes should not harm the area.
- If the area is getting irritated, a zinc ointment like Sudocream can be used 1-5 times a day to soothe the area.

Other therapies

- **Sitz baths** can be taken 3-4 times per day for comfort, especially after each bowel motion. Fill the tub with a few inches of lukewarm water and let your bottom bathe in this for 5-10 minutes. No salt is required. This will help with any pain you might have. Do not add any lotions or additives to the water.