



5 Recommendations to manage hemorrhoids

➔ **What are hemorrhoids?** Hemorrhoids are swollen veins that form inside or outside of the rectum. When the blood vessels become swollen or dilated, symptoms like rectal bleeding and pain can occur.



1 Manage constipation

Constipation and straining increases pressure in the anal canal, can lead to new or worsening hemorrhoids.

◆ High Fiber Diet

High fiber foods and fiber supplements help decrease hemorrhoid bleeding, inflammation and enlargement.

Grains (oats, rye, wheat, barley)

Beans (pinto beans, lentils)

Nuts and seeds (chia seeds, flax seeds, almonds)

Fruit (berries, avocado)

Vegetables (kale, carrots, artichoke)

Daily fiber goal:

Men: 30g daily

Women: 25g daily

◆ Limit intake of fatty foods, alcohol and carbohydrates

◆ Drink plenty of water

Recommend to drink 64oz of water daily (8 glasses).

2 Behavioral Modifications

Avoid sitting on the toilet for long periods of time.

Avoid straining during bowel movement.

Don't take your phone inside the bathroom.



3 Exercise

Moderate aerobic exercise, including brisk walking for 30 minutes a day can help stimulate bowel function.



4 Sitz Bath

Buy a sitz bath tub at the pharmacy. Fill with warm water and epsom salt.

Recommend to sit in the sitz bath for 10-20 minutes after each bowel movement and 2 or 3 times a day. Pat anal area dry afterward. Avoid excessive rubbing.

Soaking in warm water helps reduce pain and swelling caused by hemorrhoids.

5 Medications

Stool softeners

Colace (docusate sodium)

Miralax (polyethylene glycol)

Fiber supplements

Metamucil (psyllium), Citrucel, Benefiber, Fibercon

Over-the-counter creams, ointments, or suppositories