



Alexis Alexandridis M.D.

SONOMA VALLEY  
SPECIALTY CLINIC

## OVER THE COUNTER MEDICATIONS & RECOMMENDATIONS FOR ANORECTAL CARE

*Please follow the directions on the packaging unless instructed differently by your physician. Like everything, these medications only work when you take them appropriately.*

\_\_\_\_\_ **Supplemental FIBER** in POWDER form. This is a *stool regulator*, NOT a laxative. Common brands include Metamucil, Citrucel, or Benefiber. Take this EVERY day at the same time; mix in a teaspoon of powder into at least 12 oz of clear liquid, like water. It is normal and expected to experience some bloating and increased passage of gas for the first week of use. Stick with it: these symptoms will improve. Fiber is safe to take for extended periods of time and is recommended for everyone.

\_\_\_\_\_ **Colace (Docusate Sodium)**. Take 100 mg twice daily. This is a stool softener. Stop taking this if you develop diarrhea.

\_\_\_\_\_ **Miralax**. This is a gentle LAXATIVE. Stop taking this if you develop diarrhea or loose watery stools. This type of laxative is safe to use for extended periods of time.

\_\_\_\_\_ Take 1 capful once daily until instructed to stop

\_\_\_\_\_ Take 1 capful as needed for constipation (hard to pass or infrequent stools)

\_\_\_\_\_ **Calmoseptine Ointment**. Apply to skin around your anus twice daily, before bowel movements, and as needed to keep area covered. This is a barrier cream that is soothing and allows healing to occur. This can be ordered from Amazon and may also be found at some local pharmacies.

\_\_\_\_\_ **Limit time on toilet** to less than 2 minutes. Return to the bathroom later if you are unable to have a bowel movement. Do NOT strain to have a bowel movement.

\_\_\_\_\_ **Minimize cleaning**, scrubbing, and wiping.

\_\_\_\_\_ **Stop** all other creams, wipes, and suppositories. Do NOT use any Prep H, witch hazel, steroid creams, or other preparations.

\_\_\_\_\_ Warm water "**sitz**" **baths** 5-10 minutes two times per day and as needed. You may add Epsom salts if you desire, but they are NOT necessary. This will help clean any open wounds and will help relax your pelvic floor muscles which will help with decreasing your pain.

Other: \_\_\_\_\_