

Anusol[®]



If you have suffered from hemorrhoids in the past, chances are you're already familiar with an **ANUSOL[®]** product as an effective and helpful remedy, and with good reason. **ANUSOL[®]** and **ANUSOL[®] Plus**, and **TUCKS[®]** from the makers of **ANUSOL[®]**, Personal Cleansing Pads have been developed to provide relief from the discomfort of hemorrhoids.

ANUSOL[®] and **ANUSOL[®] Plus** contain a soothing emollient agent to ease the burning sensation and a gentle astringent agent to help reduce the swelling of hemorrhoidal tissue, giving your hemorrhoids a better chance to heal. The **'Plus'** in **ANUSOL[®] Plus** is a topical anesthetic to help numb the pain almost as soon as you apply it while also relieving the itch that so often accompanies hemorrhoids.

TUCKS[®] Personal Cleansing Pads temporarily soothe, cool and freshen from the discomfort of hemorrhoids and outer rectal and vaginal itching.

ANUSOL[®]	ANUSOL[®] Plus	TUCKS[®] from the makers of ANUSOL[®] Personal Cleansing Pads
Eases the burning sensation	Eases the burning sensation	Soothes
Reduces swelling	Reduces swelling + Numbs the pain	Cools
		Freshens

Directions for using **ANUSOL[®]** / **ANUSOL[®] Plus** Ointments and Suppositories

Ointments	Suppositories
1. Cleanse area, using warm water and cotton, or TUCKS[®] Personal Cleansing Pads. Pat dry.	
2. For longest-lasting relief, smooth ointment gently over affected external area.	2. Remove suppository from foil wrapper and insert one into rectum.
3. To treat internal hemorrhoids, remove cap from tube and lubricate applicator with a small amount of ointment. Attach applicator to tube, insert into rectum and squeeze gently to release medication.	3. Use one suppository in the morning, at bedtime and after each bowel movement.
4. Wash applicator with soap and hot water after use.	
5. Repeat every 4 hours, or as needed, and after every bowel movement.	

Tips for managing your hemorrhoids:

In addition to using **ANUSOL[®]** / **ANUSOL[®] Plus** Ointments or Suppositories, here are some other suggestions which may help clear up your condition:

1. Make time to go to the toilet and go whenever you need to.
2. Save the reading for the sofa - it's not good to sit on the toilet for longer than necessary.
3. Avoid straining during bowel movements.
4. Avoid constipation by following a high fiber diet. By including more fiber (roughage) in your diet and more fluids (at least 6 glasses of water daily), stools will be softer, diminishing the discomfort of a bowel movement. Drink plenty of fluids, especially water and fruit juices, but try to avoid coffee and alcohol which can dehydrate you and lead to constipation.
5. Avoid the use of harsh laxatives. (They can disrupt natural bowel activity.) If constipation is a problem use a gentle laxative.
6. Get plenty of exercise. General exercise aids digestion and helps in achieving regular bowel movements.
7. Avoid irritation of skin around the anal opening, sometimes caused by strong soaps. Keep the affected area clean and dry. This is very important. Cleanse the area with moistened sterile cotton or **TUCKS[®]** Personal Cleansing Pads. Also, wearing loose fitting cotton underclothes will be more comfortable and will cause less irritation.
8. If the pain and discomfort of your hemorrhoids persist for longer than ten days, consult your physician who can diagnose the cause and decide on the best method of treatment.

1-800-661-4659

ANUSOL[®] . Get Comfortable.

