

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 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.

ANUSOL™ with Zinc Sulfate Monohydrate	ANUSOL™ Plus with Pramoxine Hydrochloride and Zinc Sulfate Monohydrate
Eases the burning sensation	Eases the burning sensation
Reduces swelling	Reduces swelling + Numbs the pain

Directions for using ANUSOL™ / ANUSOL™ Plus Ointments and suppositories

Ointments	Suppositories
<ol style="list-style-type: none"> 1. Cleanse area, using warm water and cotton pad. Pat dry. 2. For longest-lasting relief, smooth ointment gently over affected external area. 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. 4. Wash applicator with soap and hot water after use. 5. Repeat every 4 hours, or as needed, and after every bowel movement. 	<ol style="list-style-type: none"> 1. Cleanse area, using warm water and cotton pad. Pat dry. 2. Remove suppository from foil wrapper and insert one into rectum. 3. Use one suppository in the morning, at bedtime and after each 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, like Carter's™ Little Pills 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 pad. 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.

Questions?
Call 1-800-268-3186
M-F 9am - 5pm ET

ANUSOL™ . Get Comfortable.



ANUSOL is a trademark of Church & Dwight Co., Inc.
Used under license and Distributed by Church & Dwight Canada Corp.
Mississauga, ON L5S 0A5 www.anusol.ca