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## **Bowel Regimen for Hemorrhoids and Fissures**

1. **Metamucil/Konsyl (Psyllium Husk)**; 2 tablespoons twice per day, aim for a total of 20 grams per day divided into 2 doses  
-10 grams of fiber per dose

**Benefiber (Wheat dextrin)** 2 tsp. - 2 x day, especially in am, and increase as tolerated to 2 tbs. per dose,  
-6 grams of fiber per dose

**Citrucel (Methylcellulose)** – 100% soluble fiber, will cause less gas;  
-2 grams of fiber per dose

2. STAY HYDRATED (minimum 8 glasses of fluid a day)
3. Decrease straining, can use “Squatty Potty”

If constipation is a problem, add the following:

4. Docusate Sodium 100 mg. (1 pill) 2 x a day.
5. Miralax (polyethylene glycol) 1 packet as needed, up to twice per day, can also substitute for other laxative
6. If all else fails, Dulcolax suppositories or Fleets enemas

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