

Anal fissure

RFQs

- Have you noticed any change in your bowel habit?
- How has your weight been?
- Has there been any blood in your stool?
- Is there a family history of this sort of thing?

Provide

I can see that it's really sore when you pass stool (have a poo). You have a tear in your anus called an anal fissure. Anal fissures usually heal quickly, so long as we keep your stool soft. You may choose to have something from me to soften your stool. Something mild like bisacodyl tablets, or something reliable like laxido sachets. Take them until a couple of weeks after the pain has gone. Since you have a lot of spasm in your anus, even in between bowel movements I could give you an ointment (diltiazem) to put on the skin near your anus to relax the anus muscle and relieve the pain and speed the healing. You may even choose to put a cream like clotrimazole inside your anus after each bowel movement, to encourage the healing.

Safety net:

If you are still getting a lot of pain when you pass stools after 6 weeks we should see you again. We could then think about getting a bowel doctor to take a look at your anus. He may recommend a botox injection to relax the anus and to allow the tear to heal.