

# PAUL J McMURRICK

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COLON AND RECTAL SURGERY  
COLONOSCOPY AND GASTROSCOPY  
LAPAROSCOPIC SURGERY  
GASTROINTESTINAL PHYSIOLOGY

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## Treatment of Anal Fissure

1. Make sure that you drink at least 4- 6 large glasses of tap water per day. Coffee or tea are not adequate substitutes.
2. Have a generous teaspoon of **Metamucil** in a large glass of water twice per day. If this causes excessive abdominal cramping you may reduce this to half a teaspoon twice a day. Make sure that it is mixed with a large glass of water, and that you stir the water and Metamucil together and then consume it immediately.
3. Apply **Rectogesic** ointment to the anus 3 times per day. Use a pea sized amount. If the headache after is severe, then use half the amount for one week, and then return to the full dose
4. Make sure you have a clean water bath twice per day. It is also reasonable to have a bath or shower after each bowel action.
5. For the first few days it is advisable to use nappy wipes which are available from either a pharmacist or supermarket in place of toiled paper. These are soothing and help lubricate the peri anal area plus relieving pain.
6. Take pain killers as instructed on the prescription supplied to you by Mr McMurrick.
7. You should contact Mr McMurrick immediately should you develop the following symptoms:-
  - a) high fever
  - b) severe persistent pain in the rectum
  - c) inability to pass urine

**Paul J McMurrick**