

**INFORMATION SHEET ON 2% DILTIAZEM CREAM/GEL**

**FOR TREATMENT OF PAINFUL ANAL CONDITIONS**

**TREATMENT** This treatment is designed to reduce the spasm of the anal sphincter.

**2% DILTIAZEM CREAM/GEL** This compound has a specific action of reducing the spasm in the anal sphincter muscles. The product is more widely known for its effect on the heart, but using these preparations on the anus does not affect the heart.

It is in common usage for the anus but has never been licensed for this use by the Committee on Safety of Medicines, as no one has ever submitted all the documentation necessary. For this reason it is available through Hospital Pharmacies or some helpful chemists.

**METHOD OF APPLICATION** It is usual to wear a disposable glove on the hand, mainly for hygienic reasons.

A small quantity of the ointment about the size of a 'pea' is applied with the gloved finger to the anus.

**FREQUENCY OF APPLICATION** This is normally twice a day. It may be necessary to continue use for up to three months.

**GENERAL ADVICE** Diltiazem ointment is only part of the treatment for anal conditions. Almost all anal conditions are caused by constipation and similarly almost all of them are helped by passing soft, bulky stools.

**REMEMBER.....** The nature of the stool you pass is determined by what goes in through your mouth, or, **WHAT GOES IN AT THE TOP END DETERMINES WHAT COMES OUT AT THE BOTTOM END.**

In order to pass soft, bulky stools you need lots of fibre (fruit and vegetables) and fibre supplements (Fybogel, Isogel, Regulan, Normacol). You need lots of water. Remember that tea, coffee and alcohol are all diuretic and make you pass more urine and if you drink significant quantities of any of these you need to drink equal quantities of water as well.

Lactulose is the laxative of choice. It is safe and natural and side effects are very rare. Use as much of it as necessary to produce an effect (within reason). It tastes sweet but it does not contain any calories, as it is broken down within the gut and not absorbed.