

Self Care Briefing for Clinicians: Haemorrhoids

Summary

Haemorrhoids do not always cause symptoms, and some people do not even realise they have them. Haemorrhoids often clear up by themselves after a few days. Making simple dietary changes and not straining on the toilet are often recommended first. There are many over-the-counter treatments (creams, ointments and suppositories) that can reduce itching and discomfort.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self care when appropriate.
- Advise patients of safe and effective self care measures:
 - Drinking plenty of fluids.
 - Avoiding medication that causes constipation e.g. painkillers that contain codeine.
 - Not delaying going to the toilet.
 - Gradually increasing fibre intake.
 - Exercising regularly and losing weight if patient is overweight.
- Advise patients to seek medical attention and consider treatment with a prescription in the following circumstances to relieve symptoms:
 - Persistent or severe symptoms.
 - Rectal bleeding.

Examples of over-the-counter products available to buy

Please advise patients that suggested prices are, a guide, correct at the time of writing and are subject to change.

- Anusol® Cream: Licensed for adults and the elderly (£3.99 for 23g).
- Preparation H® cream/ointment: Not licensed for children under 12 years old (£4.30 for 25g).
- Germoloids®: Not licensed for children under 12 years old (£4 for 25g).
- Paracetamol (tablets): Not licensed for children under 10 years old (£0.50-£3.00 for 16 tablets/capsules).
- Paracetamol (suspension): Not licensed for children under 2 months old (£2.65-£4.50 for 100ml).

Further information

- [Selfcare forum](#)
- [NHS.uk](#)
- [Patient UK](#)

Document History

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Author: **SWL DROP list working group**

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