

Rectogesic Patient Leaflet

A guide to managing your anal fissures

Why have I been prescribed Rectogesic[®]?

Your doctor has given you Rectogesic[®] because you have a tear in the lining of your anus (back passage) known as an anal fissure. As you will know, they can be extremely painful and may also cause bleeding and discomfort.

What causes anal fissures?

Anal fissures are common and can affect men and women, particularly in young adults. Fissures can be caused by diarrhoea, constipation or the passage of large or hard bowel motions. Anal fissures can develop as a result of giving birth.

What is Rectogesic[®]?

Rectogesic[®] is an ointment that can help to relieve the pain of chronic anal fissures when applied to the area around the anus. The active ingredient in Rectogesic[®] is called glyceryl trinitrate or GTN for short.

How does Rectogesic[®] work?

Rectogesic[®] relaxes the muscles around the anus and increases the blood supply around the fissure, helping to reduce pain (figure 2).

How do I apply Rectogesic[®]?

It is important to follow all the instructions your doctor and pharmacist give you. A standard dose is 375 mg of ointment applied every 12 hours.

- Cover your index finger with a finger cot* or some cling film
- Use the dosing line on the Rectogesic[®] pack as a guide, squeeze the tube to measure out 2.5 cm (1 inch) of ointment onto the end of your finger (figure 1)
- Gently use the finger to insert the ointment into the anal canal, up to the first finger joint (approximately 1 cm)
- Dispose of the finger cot or cling film in a waste bin, then wash your hands

How often should I use Rectogesic[®]?

- The ointment should be applied every 12 hours, or as directed by your doctor
- Do not exceed the stated dose

If you forget to use Rectogesic[®]

- Apply the next dose at the usual time
- Do not use a double dose to make up for a forgotten dose

If you use more Rectogesic[®] than you should

You may feel dizzy, light-headed, and may also have fast heart beats or palpitations. If you feel these symptoms, wipe away any ointment then immediately talk to your doctor or pharmacist.

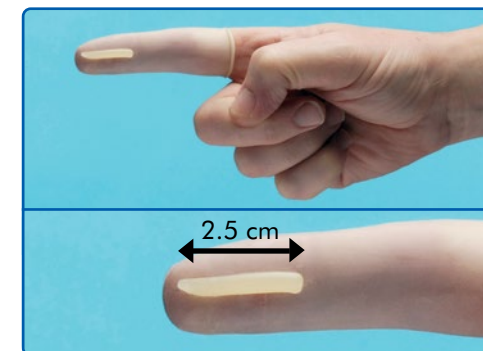


Figure 1. Image not to actual size

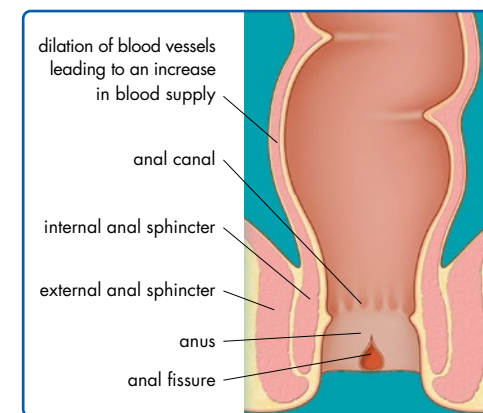


Figure 2

This leaflet is for patients who have been prescribed Rectogesic[®]. Another leaflet inside the Rectogesic[®] pack contains more detailed information – please read it carefully.

*finger cots can be obtained from your local pharmacy or surgical supplies retailer

How long should I use Rectogesic®?

- Use your treatment as your doctor has prescribed. Rectogesic® may be continued until the pain goes away, for up to a maximum of 8 weeks
- After using Rectogesic®, if your anal pain does not get better talk to your doctor to rule out other causes

Are there any side effects?

Like all medicines, Rectogesic® can have side effects, although not everyone will get them.

Headache

Headache is a very common side effect of Rectogesic®, which may be severe. If you get a headache during the course of your treatment, wipe off any ointment. Headache can be treated with mild analgesics (e.g. paracetamol) and in general is reversible on discontinuation of treatment. If the headaches are unpleasant, contact your doctor to see if you should stop using Rectogesic®.

If you experience dizziness, light-headedness, blurred vision, headache or tiredness when using Rectogesic®, do not drive or operate machinery.

Other side effects

If you have any other side effects, talk to your doctor or pharmacist.

Full details of possible side effects and other precautions are given on the leaflet inside your pack of Rectogesic® — please read it carefully.

Other precautions

Rectogesic® should not be used if you are taking certain medicines e.g. some medicines for erectile dysfunction (impotence), depression, blood pressure, heart problems or tranquillisers. Make sure you tell your doctor or pharmacist about all the medicines you are on, and any medical condition you have, before you start using Rectogesic®.

Be careful about drinking alcohol as the ointment may affect you more than usual.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>

By reporting side effects you can help provide more information on the safety of this medicine.

What else can I do to help myself?

Avoid constipation

- Eat plenty of fibre. Wholemeal bread, wholegrain cereals, brown rice and beans are good sources
- Eat more fruit and vegetables
- If a high-fibre diet does not work, your doctor may prescribe a laxative

Drink lots of fluids

- Aim to drink approximately 1.2 litres (6-8 glasses) of water a day

Exercise regularly

- Keeping the body active helps to keep the bowels active

Warm baths and painkillers such as paracetamol can also help to make things more comfortable.

