



WEST MICHIGAN SURGICAL SPECIALISTS, PLC

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Six Week Bowel Program for Hemorrhoid Symptoms

Hemorrhoid symptoms will often get better or go away just by doing a few simple things. It is very important that you follow this program every day. How much you improve on this program will help the surgeon decide what, if any, treatment is needed.

Follow the instructions below for 6 weeks. If you are still having symptoms after following this program for 6 weeks, please contact our office to schedule an appointment.

1. Take 10-15 grams of **powdered** fiber supplement once a day. Mix this following the directions on the package. Examples are Benefiber or Metamucil.
2. Drink at least 64 oz of water per day.
3. Do not sit on the toilet longer than 3 minutes.
4. Do not strain to have a bowel movement.