

















HANDY TIPS IN HEMORRHOIDS









Diet Recommendations

DOs Consume plenty of fibre & water

- Grains**
 -  Corn
 -  Couscous
 -  High fibre bran
 -  Oats
 -  Ready-to-eat cereals
 -  Shredded wheat
 -  Whole wheat spaghetti
- Vegetables**
 -  Broccoli
 -  Cabbage
 -  Celery
 -  Cucumber
 -  Green peas
 -  Mixed vegetable
 -  Potatoes
 -  Pumpkin/Squash
- Liquids**
 -  Water (8-10 glasses/day)



- Legumes**
 -  Chic peas
 -  Kidney beans
 -  Lentils
 -  Split beans
 -  Sprouts
- Fruits**
 -  Apples
 -  Pears
 -  Raspberries
 -  Stewed prunes
 -  Strawberries
 -  Watermelon
- Nuts/Dry Fruits**
 -  Almonds
 -  Apricots
 -  Dates
 -  Figs
 -  Pecans

DON'Ts




- Foods**
 -  Cheese
 -  Fast foods
 -  Frozen foods
 -  Microwaved food
 -  Red meat
 -  Spicy foods
- Liquids**
 -  Alcohol
 -  Tea/coffee

Other Recommendations

DOs

- Squat when you go to the bathroom to relieve yourself
- Use soft tissue paper / medicated wipes 
- Try to develop a regular schedule for bowel movements
- Respond immediately to the urge of having a bowel movement
- Take warm soaks (sitz bath) in lukewarm water, doing this 3-4 times a day soothes & cleanses the delicate area 
- Exercise regularly. In pregnancy, take appropriate guidance & supervision

DON'Ts

-  Suppress the urge to visit a toilet
-  Spend too much time in toilet, as this will avoid straining
-  Use hard tissue paper