

# Colorectal Surgery Associates, P.C.

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## Pruritic Regime Instructions

1. Use little or no toilet paper.
2. Wash with cotton and water after stool and several times a day (especially when itching or irritation develops). You may get a package of dry Cotton Pads from the pharmacy and then wet the cotton when you need to wash the anal area; or you may use a pre-moistened wipe, like Tucks or Wet Ones.
3. Apply Bag Balm ointment after washing; use sparingly.
4. Wear a small piece of cotton against the anal opening replace when soiled or after washing.
5. Drink 6-8 glasses of water per day (8 oz glasses).
6. **Diet:**
  - Minimize milk, cheese, ice cream, buttermilk and yogurt.
  - You may use Coffee Rich or Milnot.
  - Minimize pepper, nuts, Mexican and Cajun foods.
  - Minimize citrus fruits (orange, grapefruits and tomatoes)
  - Minimize coffee (may use tea).
  - No chocolate.
  - No Mountain Dew (Use 7up or Sprite instead).
  - No Colas (coke, Pepsi etc) and beer.
  - Minimize Tobacco use.
  - Consume 20 to 25 grams of fiber per day. May use over the counter Bulk if needed.