Anusol Ointment

This product is for use by adults over the age of 18 years old.

2 Before using this medicine
This medicine is suitable for most people but a few people may not suit it. Pace are in any doubt, talk to your doctor or pharmacist.
Do not use this medicine...
If you are allergic to Anusol or any of the other ingredients of this medicine. See section 4.
Some side effects such as:
You have had retinal bleeding or blood in the blood stream which has not been diagnosed. See section 2.

3 Follow the instructions on how to use this product carefully. See section 6.
How read this whole leaflet carefully before you use this medicine. Keep it handy; you may need it again.

What the medicine is for
Anusol Ointment is used to relieve the swelling, itch and irritation of internal and external piles (hemorrhoids), and other minor anal-rectal conditions such as anal itching and fissure. It can be used pre-operatively following anal surgery. It contains the following ingredients:
Zinc oxide which is an antiseptic which soothes and protects raw areas and reduces swelling. It also acts as an antioxidant.
Bismuth Salts which is mildly astringent and protects raw areas, irritated areas around the anal area.

If you experience the following, stop using the medicine and talk to your doctor:
Rash: may affect up to 1 in 3,000 people
• Hypersensitivity reaction (itchy rash)
Other effects which may occur but is unknown how often
• Burning, redness, itching, tingly, or pain may occur when applying the ointment. This does not usually last, a slight itch lasts longer than a few days, tell your doctor.

4 Before using the medicine
You get any side effects, talk to your doctor, your pharmacist, or see a doctor or dentist. See section 4.2.5. Belonging to or containing the same active ingredients (safety): Up to a dose is unlikely that, if this lasts longer than a few days, tell your doctor.

Bismuth is a metal which is mildly astringent and protects raw areas, irritated areas around the anal area.

5 Storing this medicine
Keep out of the reach of children. Do not store above 30°C.
Do not use medicine after the date shown as an expiry date on the packaging.
Do not store away any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines that you no longer use. These measures will help protect the environment.

6 Further information
What's in this medicine
The active substances are Per cent. Zn oxide 0.25%. Bismuth subgallate 2.25%. Bismuth peroxide 0.32%. Bismuth oxide 1.8%
Other ingredients are Magnesium stearate, zinc stearate, ethylcellulose, carnauba wax, silicon dioxide, polyethylene glycol 6000, and the solvent is PG.

What the medicine looks like Anusol Ointment is a light "buff" coloured semi-solid available in 15g tube. Product License holder: Church & Dwight UK Ltd., Premier House, Snowberry Business Park, Pent Road, Foleshill, Coventry, CV4 1GQ, United Kingdom.
Manufacturers: Ferring Orloins, 1 avenue des Canards, 49510 Orloins, Cedex 4, France. This leaflet was reviewed August 2019. Anusol is a registered trade mark.
A Healthy Living Plan for Piles Sufferers What are piles
Piles (Hemorrhoids) are swell blood vessels which occur inside or outside the back passage (anal).

Symptoms
Some people have piles without experiencing any symptoms, but sufferers may notice the following:
• Swelling. Although some feak red blood on the tooth-paste a severe condition in people with piles, it may be a sign of a more serious condition and you should see your doctor for check this.
• Swelling. The swollen blood vessels may be felt as a lump or blockage in the area.
• Pain, itching and irritation in the anal region. At least 2% of people suffer from piles at some time in their lives. However, many people are too embarrassed to seek advice on treatment and, as a result, suffer unnecessary discomfort. Unfortunately, there is very little you can do to ease the situation and relieve the symptoms.

What causes piles?
Number of factors contribute to the development of piles:
• The most common cause is straining during bowel movement, usually as a result of constipation.
• Dietary problems, the growing baby needs increased pressure on the anal canal, which can lead to piles.

A Healthy Living Plan for Piles Sufferers
You can reduce the risk of piles by following a healthy diet and lifestyle that helps to keep your bowel regular and promote a healthy weight. This can also help reduce the risk of developing piles.
• Eat a high fibre diet including foods like brown rice, wheat bran, wholemeal breadcrumbs, pasta etc.
• Eat plenty of fresh fruits, vegetables and salads.
• Drink plenty of water.
• Drink not too much coffee, alcohol or sugary foods such as, crisps, burgers and cakes.
• Eat back from the alcohol, coffee drink.

A healthy diet and lifestyle will reduce the likelihood of constipation and encourage a regular bowel habit. Go to the toilet regularly and try to avoid straining. If you feel the need to use the toilet more often.

For external and internal piles, Ointment can be used. If internal hemorrhoids are the problem, Suppositories deliver a measured dose to the affected area.

For further information, please contact: Medichain: Church & Dwight UK Ltd., Premier House, Snowberry Business Park, Pent Road, Foleshill, Coventry, CV4 1GQ, United Kingdom.
PL number: MA/17/250, C/17/250, EU/17/250.