



ADULT MEDICATION GUIDELINE

ANORECTAL PRODUCTS



This document should be read in conjunction with this [DISCLAIMER](#)

Presentation	Product Name	Form	Active Ingredients
	Rectinol®	Rectal ointment (50g)	Cinchocaine 5mg/g with Zinc Oxide 200mg/g
	Proctosedyl®	Rectal ointment (15g)	Hydrocortisone 5mg/g with Cinchocaine 5mg/g
	Scheriproct®	Rectal ointment (30g)	Prednisolone 1.9mg/g with Cinchocaine 5mg/g
	Scheriproct®	Suppository (12)	Prednisolone 1.3mg with Cinchocaine 1mg
	Anusol®	Rectal ointment (50g)	Zinc Oxide 107.5mg/g, Balsam-peru 18.8mg/g and Benzyl Benzoate 12.5mg/g
	Rectogesic®	Rectal ointment (30g)	Glyceryl Trinitrate 2mg/g
Dose	<p><u>Anal fissure</u></p> <p>Rectogesic®</p> <p>Use THREE times daily for at least TWO weeks. May be used up to FOUR weeks if required.</p> <p>If headache, fainting or dizziness occurs, cease treatment for 8 hours before recommencing at half the original dose.</p> <p><u>Symptomatic relief for non-infective anorectal conditions</u></p> <p><u>Haemorrhoids</u></p> <p>Rectinol®, Proctosedyl®</p> <p>Use up to THREE times daily (morning, noon and night) preferably after a bowel motion. Duration of treatment should not exceed 7 days.</p> <p>Scheriproct®</p> <p><i>Ointment:</i> Use TWICE daily preferably after a bowel motion. May be used FOUR times daily on the first day, for faster symptomatic relief. Use for at least 1 week; duration of treatment should not exceed 4 weeks.</p> <p><i>Suppository:</i> ONE suppository ONCE daily. ONE suppository may be used TWO to THREE times on the first day for severe symptoms.</p> <p>Anusol®</p> <p>Apply ointment as required.</p>		

Administration	<p><i>NB: internal haemorrhoids should be treated internally AND externally. Wash hands thoroughly before and after application.</i></p> <p>Topical/Rectal Rectinol® Ointment: <i>External haemorrhoids:</i> Apply a small amount of ointment using a clean finger. <i>Internal haemorrhoids:</i> Apply internally by screwing applicator to tube then inserting applicator in rectum and squeezing tube.</p> <p>Proctosedyl® Ointment: Apply a small quantity (enough to cover the affected area) using a clean finger. Apply after bowel motion for higher efficacy. For deeper application, attach cannula, gently insert in the rectum to the full extent and squeeze the tube from the lower end while withdrawing the cannula.</p> <p>Scheriproct® Ointment: <i>External haemorrhoids:</i> Smear a pea-sized amount of ointment around the anus and in the anal ring with a finger. Protruding lumps should be thickly smeared, and carefully pressed back with the finger. <i>Internal haemorrhoids:</i> Screw nozzle onto the tube and squeeze tube to apply within the rectum. <i>Internal application for very inflamed/painful lesions:</i> Apply the ointment internally with the finger</p> <p>Scheriproct® Suppositories: <i>Internal haemorrhoids:</i> Insert ONE suppository high into the rectum, using a clean finger.</p> <p>Anusol® Ointment: Apply sufficient quantity to properly cover perirectal tissues with a protective film of the ointment and the mucosa of the rectal canal to a point about 1 cm above the anal sphincter.</p> <p>Rectogesic® Ointment: Using measurement on box, insert a 1–1.5 cm strip of ointment into the anal canal, either with the finger or an applicator.</p>		
Pregnancy		Safe to use	Safety not established
	1st Trimester:		Rectogesic®
		Rectinol®	
		Proctosedyl®	
		Scheriproct®	
		Anusol®	
	2nd Trimester:	As above	As above
	3rd Trimester:	As above	As above

Breastfeeding	<p>Rectinol®, Scheriproct®, Anusol®: Safe to use</p> <p>Proctosedyl®: Considered safe to use</p> <p>Rectogesic®: Considered safe to use; apply a small amount <u>after</u> breastfeeding</p>
Monitoring	<p><u>Rectinol®, Proctosedyl®, Scheriproct®:</u></p> <p>Limit use to <7 days; local anaesthetics may sensitise perianal skin; topical corticosteroids may exacerbate local infection and cause skin atrophy.</p> <p><u>Rectogesic®:</u></p> <p>A daily 'nitrate free period' of 12 hours is required during treatment with Rectogesic® to avoid the development of tolerance. This would normally be overnight.</p>
Clinical Guidelines and Policies	<p>KEMH Clinical Guideline: O&G: Bowel Care</p>
References	<p>Australian Medicines Handbook. Anorectal products. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2018 Oct 15]. Available from: https://amhonline.amh.net.au/</p> <p>Australian Medicines Handbook. Glyceryl Trinitrate. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2018 Oct 15]. Available from: https://amhonline.amh.net.au/</p> <p>MIMS Australia. Rectinol. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2018 Oct 15]. Available from: https://www.mimsonline.com.au</p> <p>MIMS Australia. Scheriproct Ointment. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2018 Oct 15]. Available from: https://www.mimsonline.com.au</p> <p>MIMS Australia. Anusol Ointment. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2018 Oct 15]. Available from: https://www.mimsonline.com.au</p> <p>MIMS Australia. Proctosedyl Ointment. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2018 Oct 15]. Available from: https://www.mimsonline.com.au</p> <p>MIMS Australia. Rectogesic Ointment. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2018 Oct 15]. Available from: https://www.mimsonline.com.au</p>

	<p>The Royal Women's Hospital. Glyceryl Trinitrate. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2018 Oct 15]. Available from: https://thewomenspbmg.org.au/</p> <p>The Royal Women's Hospital. Hydrocortisone. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2018 Oct 15]. Available from: https://thewomenspbmg.org.au/</p>
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Standards Applicable:	NSQHS Standards: 1  Clinical Care is Guided by Current Best Practice 4  Medication Safety		
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