
Anal Fissure & GTN Ointment

INSTRUCTIONS



GLASGOW COLORECTAL CENTRE

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GLASGOW COLORECTAL CENTRE

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WHAT IS GTN OINTMENT?

GTN ointment (Rectogesic®) is a special preparation of a drug which relaxes the muscle surrounding the anus. It is used for conditions which give rise to pain in the anus such as anal fissure, acutely inflamed haemorrhoids or after surgery in this area e.g. haemorrhoidectomy. The pain associated with these conditions is often due to muscle spasm and the ointment helps to relax the muscle and ease the pain.

HOW DO I GET THE MEDICATION?

Your doctor will give you a prescription for the ointment. It is available in the pharmacy at the Ross Hall hospital. You can take the prescription to the pharmacy. Although Rectogesic is on the British National Formulary for use in anal fissure, it is currently not listed on the Greater Glasgow Formulary. Although most GPs are happy to prescribe this drug, on occasion some GPs may not be happy to write an NHS prescription for it.

HOW DO I USE GTN (RECTOGESIC) OINTMENT?

A small amount (about the size of a pea) is placed on the finger and gently rubbed onto the skin at the anus. This is normally applied 3 times a day. In addition, it is applied 5-10 minutes before having a bowel motion. This will help to relieve any pain associated with the motion itself.

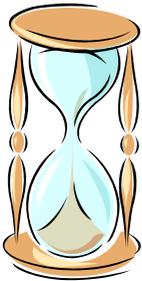
DOES IT HAVE ANY SIDE-EFFECTS?

Using too much can result in flushing, headaches and if severe, fainting. These symptoms are transient and last a few minutes. Ideally, you should use enough ointment to get a

sensation of flushing or heat in the face. If the symptoms are too severe then reduce the amount applied the next time. If you are not aware of any facial flushing or throbbing in your head, you are probably not applying enough.

It is important to start with a small amount. As your body gets used to the medication over the first week or so, you can gradually increase the amount applied until you are applying the amount stated on the tube (1.5 cm line strip of ointment)

It is also important to wash your hands after use as the medication can also be absorbed from the skin on the fingers where it will not be of much use.



HOW LONG DO I CONTINUE ON THE TREATMENT?

If you are receiving the treatment for a condition such as an anal fissure, a course of treatment for 8 weeks will usually be recommended. If the treatment is to relieve pain after surgery, the ointment can be applied as long as there is persisting discomfort. Generally speaking, this should be less than 2-3 weeks. You may also be given other medication e.g. Fybogel or pain killers.

Because the ointment is less effective if exposed to sunlight or high temperatures, it should be stored in the original container and protected from light.



HOW DO I GET MY PRESCRIPTION OF GTN OINTMENT?

Your doctor will usually arrange for you to receive a prescription which can be filled out directly at Ross Hall pharmacy or taken to you GP to re-write as an NHS prescription.



ANY FURTHER QUESTIONS?

If you any further questions, you can ask either the pharmacist at Ross Hall hospital, or your own GP. Alternatively you can contact Mr. R Molloy or Mr G MacKay at Ross Hall hospital (0141 810

3151).