



ADULT MEDICATION GUIDELINE

ANORECTAL PRODUCTS

Scope (Staff): All WNHS Staff

Scope (Area): Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

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Medication Class

Drug Class: Anorectal Products

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
Rectogesic®	Rectal Ointment (30g)	Glyceryl trinitrate 2mg/g

Storage

Store at room temperature, below 25°C

Dose

Anal Fissure

Rectogesic®

Use THREE times daily for at least TWO weeks. May be used up to FOUR weeks if required.

If headache, fainting or dizziness occurs, cease treatment for 8 hours before recommencing at half the original dose.

Symptomatic relief for non-infective anorectal conditions

Haemorrhoids

Rectinol®, Proctosedyl®

Use up to THREE times daily (morning, noon and night) preferably after a bowel motion. Duration of treatment should not exceed 7 days.

Scheriproct®

Ointment: 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.

Administration

NB: internal haemorrhoids should be treated internally AND externally. Wash hands thoroughly before and after application.

Topical/Rectal

Rectinol® Ointment:

External Haemorrhoids: Apply a small amount of ointment using a clean finger.

Internal Haemorrhoids: Apply internally by screwing applicator to tube then inserting applicator in rectum and squeezing tube.

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.

Scheriproct® Ointment:

External Haemorrhoids: 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.

Internal Haemorrhoids: Screw nozzle onto the tube and squeeze tube to apply within the rectum.

Internal application for very inflamed/painful lesions: Apply the ointment internally with the finger.

Rectogesic® Ointment:

Using measurement on box, insert a 1-1.5cm strip of ointment into the anal canal, either with the finger or an applicator.

Monitoring

Rectinol®, Proctosedyl®, Scheriproct®: Limit use to <7 days; local anaesthetics may sensitise perianal skin; topical corticosteroids may exacerbate local infection and cause skin atrophy.

Rectogesic®: 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.

Pregnancy

	Safe to use	Safety not established
1 st Trimester	Proctosedyl® Rectinol® Rectogesic®	Scheriproct®

Breastfeeding

Rectinol®, Scheriproct®, Proctosedyl®, Rectogesic®: Considered safe to use

Related Policies, Procedures & Guidelines

KEMH Clinical Guideline: O&G: [Bowel Care](#)

References









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