

All correspondence to:

The Breastfeeding Network
PO Box 11126, Paisley PA2 8YB
Admin Tel: 0844 412 0995
e-mail: admin@breastfeedingnetwork.org.uk
www.breastfeedingnetwork.org.uk

Haemorrhoid (piles) and anal fissure treatment in Breastfeeding Mothers

The information provided is taken from various reference sources. It is provided as a guideline. No responsibility can be taken by the author or the Breastfeeding Network for the way in which the information is used. Clinical decisions remain the responsibility of medical and breastfeeding practitioners. The data presented here is intended to provide some immediate information but cannot replace input from professionals.

Haemorrhoids (piles) occur frequently as a result of increased abdominal pressure during pregnancy or a prolonged second stage of labour. Anyone experiencing haemorrhoids should eat additional fruit and fibre and drink plenty of fluid in order to avoid constipation. If necessary a bulk laxative such as Fybogel® or lactulose (which are safe to be used whilst breastfeeding - see information sheet on constipation) can be useful on a temporary basis.

For further information see <http://www.patient.co.uk/showdoc/23068749/>

Creams, ointments and suppositories do not cure haemorrhoids but do help with the symptoms of pain and irritation. They often contain a local anaesthetic which limits use to seven days after which time increased sensitisation from the ingredient may occur.

Ice packs, or the application of bags of frozen peas suitably wrapped, can also help to relieve swelling. Care should be taken not to burn the skin by using frozen agents directly to the skin.

Prescribed creams may include a corticosteroid to reduce inflammation – this will not produce clinically significant levels in breastmilk.

Painkillers (analgesics) may be needed in cases of severe pain –products containing codeine should be avoided as they cause constipation which results in additional straining and further irritation of haemorrhoids. Paracetamol is an ideal choice taken regularly at normal doses.

Products to treat haemorrhoids can be used by breastfeeding mothers without affecting breastfeeding. The absorption of the ingredient drugs from the rectum will not produce significant levels in breastmilk and can be used as necessary for the mother's comfort (morning and night and after bowel motions).

There are a variety of commercially available creams and ointments: Anusol®, Anusol HC®, Proctosedyl®, Germoloids®, Hemocane®, Preparation H®, Xyloproct®, Ultraproct® Scheriproct®

Anal fissures

In severe cases mothers may develop anal fissures which do not heal and produce severe pain. This may be treated with glyceryl trinitrate ointment 0.2% or 0.4%. The mother may experience a headache but there are no reports of adverse effects in babies whose mothers have applied it (Taylor 2008, UKMI). Use during breastfeeding is unlicensed. It is assumed that diltiazem cream would similarly not affect the baby but no research has been identified.

To speak to a Breastfeeding Supporter call the National Breastfeeding Helpline 0300 100 0212

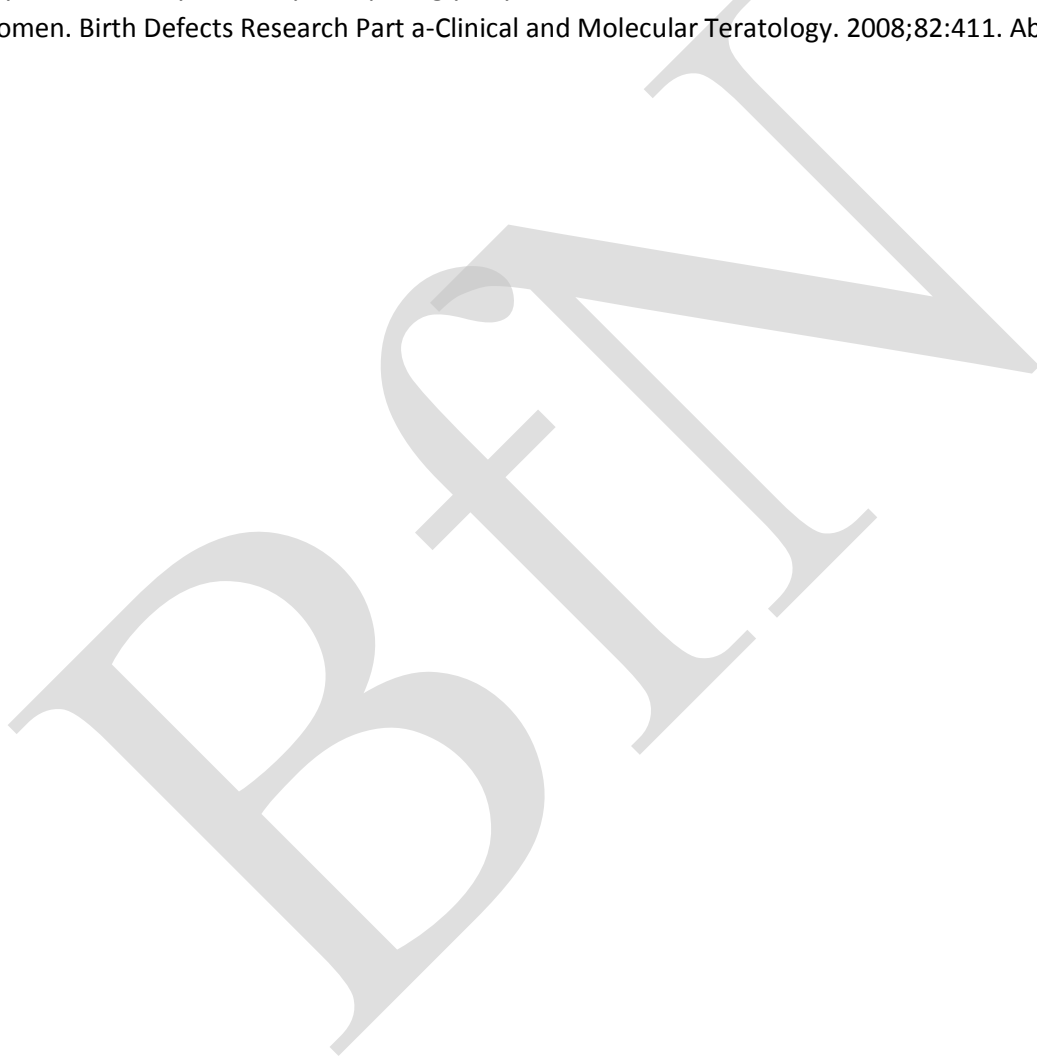
Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package

The Breastfeeding Network is a Company Limited by Guarantee Registered in Scotland Company No. 330639
Registered office Whitelaw Wells, 9 Ainslie Place, Edinburgh, EH3 6AT
The Breastfeeding Network is a Registered Scottish Charity No SC027007

©Wendy Jones PhD, MRPharmS and the Breastfeeding Network May 2017

Bibliography

- British National Formulary
- Hale TW Medication and Mothers Milk 2016 (17th Ed) Hale Publishing
- Jones W Breastfeeding and Medication Routledge 2013
- LactMed database <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACTMED>
- Specialist Pharmacist Service. Safety in Lactation Drugs for rectal and anal disorders. 2016 www.sps.nhs.uk/articles/safety-in-lactation-drugs-for-rectal-anal-disorders
- Taylor T, Kennedy D. Safety of topical glyceryl trinitrate in the treatment of anal fissure in breastfeeding women. Birth Defects Research Part a-Clinical and Molecular Teratology. 2008;82:411. Abstract.



To speak to a Breastfeeding Supporter call the National Breastfeeding Helpline 0300 100 0212

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package

*The Breastfeeding Network is a Company Limited by Guarantee Registered in Scotland Company No. 330639
Registered office Whitelaw Wells, 9 Ainslie Place, Edinburgh, EH3 6AT
The Breastfeeding Network is a Registered Scottish Charity No SC027007*

©Wendy Jones PhD, MRPharmS and the Breastfeeding Network May 2017

To find your nearest Breastfeeding Supporter call the **Supporterline 0300 100 0210**



To speak to a Breastfeeding Supporter call the **National Breastfeeding Helpline 0300 100 0212**

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package

*The Breastfeeding Network is a Company Limited by Guarantee Registered in Scotland Company No. 330639
Registered office Whitelaw Wells, 9 Ainslie Place, Edinburgh, EH3 6AT
The Breastfeeding Network is a Registered Scottish Charity No SC027007*

©Wendy Jones PhD, MRPharmS and the Breastfeeding Network May 2017