



## NIFEDIPINE OINTMENT

Nifedipine ointment is used for the treatment of anal fissures. Anal fissures are tears in the lining of the anal canal that are often associated with tension and spasms in the internal anal sphincter. This muscle contraction can reduce blood flow to the anus and prevent the fissure from healing. Nifedipine works by relaxing the smooth muscle of the internal anal sphincter to promote fissure healing.

Your physician will prescribe Nifedipine as a 0.2% ointment. The medication should be used twice a day, once in the morning and once at night. Nifedipine has few associated side effects.

### HOW TO USE NIFEDIPINE OINTMENT

- Wash your hands thoroughly or wear a latex glove.
- Lie down on your left side in a comfortable position with your left leg flat and your right leg bent with your knee in the air.
- Try to relax, don't let yourself get stressed or anxious.
- Place a pinhead-sized quantity on your finger.
- Spread the ointment around the anus and just inside the rectum.
- Wash any remaining ointment from your hands.