

Prescription: Diet for Hemorrhoids

Patient Name: [Insert Patient Name]

Date: [Insert Date]

Instructions:

- Increase fibre intake to soften stools and ease bowel movements.
- Stay hydrated by drinking plenty of water throughout the day.
- Limit or avoid foods that can worsen hemorrhoid symptoms.
- Incorporate foods rich in flavonoids and antioxidants to strengthen blood vessels.
- Maintain a balanced diet to support overall digestive health.

Recommended Foods:

1. High-Fiber Foods:

- Whole grains (e.g., oats, brown rice, whole wheat bread)
- Fruits (e.g., apples, berries, pears, prunes)
- Vegetables (e.g., broccoli, Brussels sprouts, spinach, carrots)
- Legumes (e.g., lentils, beans, chickpeas)

2. Fluids:

- Water
- Herbal teas (e.g., chamomile, peppermint)
- Vegetable juices (e.g., carrot juice)

3. Foods Rich in Bioflavonoids and Antioxidants:

- Citrus fruits (e.g., oranges, lemons)
- Berries (e.g., blueberries, raspberries)
- Dark leafy greens (e.g., kale, spinach)
- Red and purple grapes
- Onions and garlic

4. Healthy Fats:

- Avocados
- Nuts and seeds (e.g., almonds, flaxseeds, chia seeds)
- Olive oil

5. Probiotic Foods:

- Yogurt with live cultures
- Kefir
- Fermented foods (e.g., sauerkraut, kimchi)

Foods to Limit or Avoid:

- Spicy foods
- Processed foods high in refined sugars and fats
- Red meat
- Dairy products (if lactose intolerant)
- Alcohol
- Caffeine

Additional Tips:

- Aim for at least 25-30 grams of fiber per day.
- Gradually increase fibre intake to avoid bloating and gas.
- Stay physically active to promote regular bowel movements.
- Practise good bathroom habits, including not straining during bowel movements and avoiding sitting on the toilet for prolonged periods.
- Consult with a healthcare professional for personalised dietary advice and treatment options.

Note: This prescription is intended to complement medical treatment and should be followed under the guidance of a healthcare provider.