

Main Office:

RICK A SHACKET  
DO, MD(H)



8752 E Via de Commercio #2  
Scottsdale, Arizona 85258  
Office: (602) 492-9919 | Mobile: (602) 920-1023

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

### PRESCRIPTION


Rx Diltiazem hydrochloride 2% Cream (Anoheal®) 30g,  
Dispense with rectal applicator if possible.  
Sig: Apply a thin film with a finger covering or applicator BID, AM & PM.

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Rick A. Shacket, DO, MD (H)  
Diplomate American Osteopathic Board of Proctology

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**LOCATION**

**Scottsdale Vein & Proctology Center** 8752 E Via De Commercio, Suite 2, Scottsdale, Arizona 85258



## **Diltiazem hydrochloride 2% Cream (Anoheal®) 30g**

Please read this leaflet carefully before you start using Diltiazem hydrochloride 2% cream. Keep it in a safe place as you may need to refer to it again. If you have any questions or if you are unsure about anything, ask your doctor or pharmacist for advice.

### **What it is used for**

Diltiazem hydrochloride 2% cream is used to promote the healing of the tear that has occurred in the skin of the anus (back passage) and reduce the symptoms of pain caused by the tear.

The tear in the skin lining the anus is called an anal fissure. Diltiazem hydrochloride works by relaxing the muscle around the anus (the anal sphincter), thereby reducing the anal pressure and increasing the blood flow to the area to allow healing to occur.

### **How it is used**

Use the cream as directed by your doctor. Apply a small amount to your finger (approximately 2.5cm) and place the cream just inside the anus. A finger covering, such as cling film or a disposable glove may be used to apply the ointment. Use the cream twice a day (morning and evening) or as directed by your doctor. Wash hands after use and dispose of finger covering appropriately.

Treatment generally continues until the pain has resolved or for up to a maximum of eight weeks.

The pharmacy department have supplied you with tube of cream which should last about three weeks.

### **Side effects**

All medicines have side effects, but they don't occur in all people who take them. Speak to your doctor or pharmacist if any of the following side effects continue or they become troublesome.

The most common unwanted effects of Diltiazem hydrochloride (which occur in less than 1 in 10 people who use it) are: Headaches, dizziness, localized burning or itching.

Most headaches will not be severe or long lasting and can be treated with simple painkillers (e.g. Tylenol). If the headache does not resolve or is unpleasant, please consult your pharmacist or doctor.

Light-headedness or dizziness especially when getting up from a sitting or lying down position. If you begin to feel dizzy, sit or lie down until the feeling passes.

Local burning or itching or rectal bleeding. If troublesome, speak with your doctor.

If you experience any other symptoms, which you think may be due to this medicine, speak with your doctor or pharmacist.