

Hemorrhoids: The Honest Plan

The six symptoms, the fiber and fluid targets that actually change things, and the one sign that always goes to a doctor.

✓ **Verified against published guidance** from NIDDK, Cleveland Clinic & Harvard Health · sources below

Rectal bleeding is never assumed to be a hemorrhoid. NIDDK says bleeding from the rectum may be a sign of bowel disease, including Crohn's disease, ulcerative colitis or colorectal cancer. Cleveland Clinic says other gastrointestinal disorders cause rectal bleeding and some of them are life threatening. Any rectal bleeding gets looked at by a doctor.

✓ Do This

Hit The Fiber Target

- 25 to 38 grams a day
- Build up slowly
- Food first, supplement after

COACH'S TIP Cleveland Clinic target.

Raise Fluid At The Same Time

- Fiber needs fluid to work
- Every day, not some days
- Increase both together

COACH'S TIP Harvard Health advice.

Go When You Feel The Urge

- Do not wait it out
- Backed up stool means strain
- Waiting backs the stool up

COACH'S TIP Harvard Health explains it.

Sit In A Warm Bath

- Ten to twenty minutes
- After a bowel movement
- Plain warm water

COACH'S TIP Cleveland Clinic timing.

Walk Most Days

- Brisk, 20 to 30 minutes
- Nothing fancy required
- Stimulates bowel function

COACH'S TIP Harvard Health advice.

Pat Dry, Do Not Rub

- Moist paper or wipes
- Hard rubbing sets it back
- Gentle patting only

COACH'S TIP Harvard and NIDDK agree.

✗ Do Not

Do Not Assume It Is Piles

- Bleeding has other causes
- Get it looked at
- Some are life threatening

COACH'S TIP NIDDK and Cleveland Clinic.

Do Not Sit And Scroll

- Long sitting on the toilet
- Keep the visit short
- A listed cause

COACH'S TIP NIDDK cause list.

Do Not Push Harder

- Straining is a listed cause
- Fiber and fluid first
- Soften the stool instead

COACH'S TIP NIDDK cause list.

Do Not Wait Out A Week

- No better after one week
- Call your provider
- That is the trigger

COACH'S TIP NIDDK and Cleveland Clinic.

Do Not Lift Heavy Often

- Frequent heavy lifting
- Share the load
- A listed risk factor

COACH'S TIP NIDDK risk list.

Do Not Skip The Scope

- Bleeding after age 45
- To rule other things out
- May mean a colonoscopy

COACH'S TIP Harvard Health on age 45.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

1 in 20 With bothersome hemorrhoids

25 to 38 g Daily fiber for most adults

Age 45 When a scope is considered