



Nifedipine ointment is used to treat anal fissures. Anal fissures are tears in the lining of the anal canal (opening through which stool leaves the body) that are often associated with tension and spasms in the internal anal sphincter (muscle surrounding the anal canal). 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 so the fissure can heal. Your doctor will prescribe nifedipine as a 0.2% ointment. The medication should be used twice a day, once in the morning and once at night.

## **How do I use nifedipine ointment?**

1. Wash your hands thoroughly. Wear gloves while using nifedipine to reduce the possibility of side effects.
2. 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.
3. Try to relax, don't let yourself get stressed or anxious.
4. Place a pinhead-sized quantity on your finger.
5. Spread the ointment around the anus and just inside the rectum.
6. Remove gloves and wash hands.

## **What are possible side effects?**

Report any side effects to your doctor.

- Flushing (red) face
- Swelling in arms and legs
- Dizziness/lightheadedness/giddiness
- headache

- Nausea
- heartburn

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