

East Kent Prescribing Group

Pathway for the management of Anal Fissures in primary care

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Developed from NICE CKS Patient Presents with Suspected Anal Fissure in Primary Care Refer to appropriate specialist using clinical judgement Take history and examine depending upon urgency if serious underlying cause suspectedpatient Eg rectal cancer, inflammatory bowel disease, STD - Primary anal fissures have no clear underlying cause Consider referral to general or colorectal surgeon if anal fissure occurs in an elderly patient underlying cause For all patients at all stages - Constipation management- Ensure increased fluid and fibre intake. Pharmacological intervention where required - Pain management eg topical anaesthetics (few days only), oral analgesics (DO NOT PRESCRIBE OPIATES) - Give lifestyle advice- for children the importance of anal hygiene- area to be kept dry. Advise against 'stool withholding' - In secondary anal fissure manage secondary cause For patients referred to and seen by specialist where anal For adult only with primary anal fissure who has had symptoms for 1 week or more fissure confirmed and where without improvement diltiazem 2% ointment Consider prescribing rectal GTN 0.4% ointment twice a day for 6-8 weeks where suitable – (unlicensed) indicated check product SPC for cautions and contraindications. Consider specialist input if necessary If still unhealed after 6-8 weeks (adult)/ or unhealed after 2 weeks (child) or severe pain in child Secondary care provides 4 **OR** Patient unable to tolerate/ contraindication to rectal GTN ointment week supply (one tube) of diltiazem 2 % ointment. • For children seek specialist advice or refer to paediatrician/paediatrician surgeon • Check lifestyle changes has been maintained and GTN was used for duration of 6-8 Further 2-3 tubes to be weeks without problem provided by primary care GP • For adult after 6-8 weeks, unhealed but notable improvement in symptoms consider second course of GTN ointment • Where anal fissure unhealed and no improvement in symptoms or contraindication/tolerance issue to GTN ointment - consider prescribing Diltiazem 2% ointment (supply 3 tubes of Diltiazem 2% ointment-unlicensed) OR refer to specialist.

For patients with recurrent anal fissure (after checking lifestyle measures), worsening of symptoms or unhealed anal fissure at this stage only refer to specialist

Please note that this document is for guidance only and is based on clinical guidelines available at time of production.

Approved by: East Kent Prescribing Group (Representing Ashford CCG, Canterbury and Coastal CCG, South Kent Coast CCG and Thanet CCG) **June 2017**

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Further reading and references

NICE Clinical Knowledge Summaries. Anal Fissure. July 2017. https://cks.nice.org.uk/anal-fissure#!topicsummary. Last accessed 28/4/2017

SPC for Glyceryl Trinitrate ointment available here - https://www.medicines.org.uk/emc/medicine/16174 Last updated 11/7/2016. Last accessed 28/4/2017

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