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GENERAL RECOMMENDATIONS IN CASE OF HAEMORRHOIDS



YES	NO
FOOD	
<ul style="list-style-type: none">• Food, which does not cause flatulence• The amount of fiber• Fine spices, herbs, leaves• Acid milk products – 1-2 times a day (white yogurts, acidophilic)• Milk, kefir, souring, curd, sheep-cheese)• Eat soup for lunch• Whole-grain pastry or older white pastries• Occasionally a cake from a sponge• Eat regularly during the day in smaller quantities	<ul style="list-style-type: none">• Large and coarse pieces• Spicy foods• Sweet and sweetened dishes (limit)• In the acute stage, exclude oatmeal flakes, sweetened cereals ...• Cakes and pastries made from sour cherries or fatty way (leaf, fine leavened ...)
FOOD MODIFICATION	
<p>Before further processing or consumption:</p> <ul style="list-style-type: none">• Slicing, choking, grinding <p>Heat modification:</p> <ul style="list-style-type: none">• Cooking, choking, low baking	<ul style="list-style-type: none">• Frying• Grilling
FLUIDS	
<ul style="list-style-type: none">• 1,5 - 2 liters per day• Pure water, tea, senna leaf tea, tea supports emptying with inulin (etc. from Herbex)• Fruit juices	<ul style="list-style-type: none">• Caffeine• Alcohol• Bubble drinks
TIPS	
<ul style="list-style-type: none">• Light movement activity• Walking, fast walking• Seated spa in oak bark <p>Constipation/irregular stool</p> <ul style="list-style-type: none">• In the morning on an empty stomach eat a spoonful of linseed seeds• Sprinkle the seeds with fresh lemon juice• Natural prewashers - natural mineral waters	<ul style="list-style-type: none">• Laxatives• Intestinal showers• Strengthening• Riding a bike• Long hanging on the toilet

RECTOVENAL® ACUTE

anorectal gel for haemorrhoids



medical device



✓ YES	✗ NO
VEGETABLES	
Carrot, parsley, kohlrabi (young non-roasted), celery, spinach, pumpkin, lettuce, ice lettuce, beet, tomato without peel, leeks, radish, small amount of peas, beans, cauliflower, broccoli	cole, cabbage (any), legumes, mushrooms, garlic, onion, cucumbers, pickled vegetables, horseradish, corn, pickles
FRUIT	
Apple (sliced, baked), apple compote, bananas in a lesser amount, citrus fruits (orange, grape, mandarin, mango, lemons, plums, apricots, peaches, cherries, black cherries). The best are compotes - apple, plum. Grapes without peel and grain, watermelon without grains	All types of fruit with small contents grains - raspberries, blackberries, blueberries, eggplants, currants, strawberries, pears, figs, clover
MEAT	
Poor, beef, pork, thigh, kale, divine, calf, chicken, turmeric, rabbit, pigeon, fish (freshwater and sea), poultry specialties, nonsmoked	Fatty varieties, sausages, piglets specialties, goose, duck
SIDE DISHES AND OTHER	
Cooked potatoes, potato mash, potatoes baked without fat (on oily paper in the oven), steamed rice, pasta, dried tarhoana, Slovak rice, dumplings only	Roasted dumplings, fries, potatoes baked on fat, nuts (all kinds), poppy, coconut and salted snacks - chips, roasted nuts...

ASK IN THE PHARMACY

