

Name: _____

Date: _____

Patient Questionnaire – Anorectal Health

Bowel & Dietary Habits *(Circle either Yes or No for each answer)*

1. Do you suffer from Constipation? **Y / N**
2. Do you suffer from Diarrhea? **Y / N**
3. Do you have to strain or push hard when having a bowel movement? **Y / N**
4. Time spent on toilet during average bowel movement? _____ Minutes
5. Does any tissue ever come out of your rectum (prolapse) during a bowel movement? **Y / N**
6. Do you often feel like you're "still not done" after a bowel movement? **Y / N**
7. Are you taking any fiber supplements? **Y / N**
 - a. If yes, which one(s)? _____
8. On average, do you drink the equivalent of 6-8 glasses of water per day? **Y / N**
9. Are you taking prescription pain pills? **Y / N**

Symptoms (in Rectal Area)

(Check all that apply)

- | | | |
|-----------------------------------------------|---------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Bleeding | <input type="checkbox"/> Itching | <input type="checkbox"/> Prolapse |
| <input type="checkbox"/> Pressure or Swelling | <input type="checkbox"/> Leaking or Soiling | <input type="checkbox"/> Pain <input type="checkbox"/> Burning |

Additional Questions

(Circle either Yes or No for each answer)

1. Are you allergic to latex? **Y / N**
2. Are you pregnant? **Y / N**
3. Are you taking any erectile dysfunction medicine for ED, any Viagra for hypertension, Cialis for your prostate or any nitrates for chest pain? **Y / N**
4. Are you taking any blood thinners or anticoagulation medication (Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, etc.)? **Y / N**
5. Have you ever been diagnosed with Crohn's disease, proctitis, portal hypertension or anal/rectal cancer? **Y / N**
6. Are you taking immunosuppressant medication or undergoing radiation treatments? **Y / N**
7. Do you need to take antibiotics before having dental or other procedures? **Y / N**

Additional Comments?

Fiber Supplementation Instructions

Insufficient fiber in the diet can lead to constipation which may result in the development of hemorrhoids and/or anal fissures. Increased fiber intake has been shown to reduce constipation by softening the stool and increasing the regularity of bowel movements.

Soluble fiber (such as Benefiber®) is easy to incorporate into your diet as it is tasteless and can be mixed with food or drink.

Begin with 1 tbsp once a day and then gradually increase to 1 tbsp 3 times a day over the period of a few days. Stir Benefiber® into 4-8 ounces of liquid (carbonated beverages are not recommended) or mix with soft food (hot or cold). Stir well until dissolved. Increase your fluid intake as necessary to ensure you are drinking 7-8 glasses of water every day. Supplemental fiber should be taken with meals for greatest benefit.



Many less-expensive generic versions of Benefiber® are available with similar active components (pictured below).

Wal-Mart



Walgreens



CVS



Sam's Club



Costco

