

Patient Instructions for Ointment Application

Study: Proctofiz MD versus Topical Nifedipine for Chronic Anal Fissure

Before the first daily application after a bowel movement

Wash the anal area gently with water and dry carefully.

Dose

Apply approximately 1 cm of ointment to the fingertip.

Application

Insert the fingertip a few millimetres into the anal canal and apply the ointment circumferentially around the anal canal and anal verge.

Frequency

Apply the study ointment three times daily for six weeks, or as instructed by the study physician.

Missed dose

Apply the next scheduled dose. Do not apply a double dose.

Follow-up

Attend all scheduled clinic visits and telephone follow-up contacts. Complete all study questionnaires.

Possible adverse effects

Temporary local burning or irritation may occur. Report severe pain, allergic reactions, bleeding, or any unexpected symptoms to the study team immediately.

Questions

Participants received the study coordinator's telephone number and may contact the research team with any study-related questions.

Participant Acknowledgement

I confirm that I received these instructions and understand how to use the study ointment.

Participant: _____

Date: _____

Study Staff: _____