

Constipation

Take miralax while taking your iron. Do warm water sitz baths. Keep your follow up with GI and primary care. Consider Tucks and glycerin suppositories. Take tylenol per bottle instructions. Stay on high fiber diet. Exercise will help with constipation. Return if any new or worsening symptoms because you may need antibiotics.

ELA- Max 5% lidocaine anorectal cream. Apply to perianal area q4 prn pain.