

Breastfeeding and Medication



Anal fissures and Breastfeeding

Anal fissures are small tears in the inside in the lining of the large intestine near the anus. Sometimes they do not heal and produce severe pain. This may be treated with glyceryl trinitrate ointment (Rectogesic™) 0.2% or 0.4%. The ingredients may cause a headache for the mother but there are no reports of adverse effects in babies whose mothers have applied it.

Use during breastfeeding is unlicensed. It is assumed that diltiazem cream would similarly not affect the baby, but no research has been identified.

Both glyceryl trinitrate ointment and diltiazem cream are compatible with breastfeeding

References

- Taylor T, Kennedy D. Safety of topical glyceryl trinitrate in the treatment of anal fissure in breastfeeding women. Birth Defects Research Part a-Clinical and Molecular Teratology. 2008; 82:411.
- NICE 2% Topical diltiazem hydrochloride for chronic 2013: anal fissure <https://www.nice.org.uk/advice/esuom3/resources/2-topical-diltiazem-hydrochloride-for-chronic-anal-fissure-pdf-17548582597>

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September 2023 *The information on this sheet is based upon my professional experience as a pharmacist with a specialised interest in the safety of drugs in breastmilk, supported by evidence from expert sources. However, I cannot take responsibility for the prescription of medication which remains with the healthcare professionals involved. I am happy to discuss the evidence by email wendy@breastfeeding-and-medication.co.uk*