

# Breastfeeding and Medication



## Haemorrhoids (Piles) and Breastfeeding

Haemorrhoids (piles) are common after birth, especially after an extended second stage of pushing. They can be incredibly painful or cause intense itching. They may also bleed. They can make breastfeeding difficult as it becomes too painful to sit for prolonged periods. They can also occur because of constipation due to taking strong opioid painkillers.

Symptoms according to the NHS <https://www.nhs.uk/conditions/piles-haemorrhoids/>

- bright red blood after you poo
- an itchy anus
- feeling like you still need to poo after going to the toilet
- mucus in your underwear or on toilet paper after wiping your bottom
- lumps around your anus
- pain around your anus

Simple measure that you can take include:

- drink lots of fluid and eat plenty of fibre or use bulk forming laxatives to keep your poo soft  
<https://breastfeeding-and-medication.co.uk/fact-sheet/constipation-laxatives-and-breastfeeding>
- using soft wipes specially designed for wiping your bottom
- take paracetamol and ibuprofen
- take a warm bath to ease itching and pain
- use an ice pack wrapped in a towel to ease discomfort, some people recommend using frozen peas in a bag which can mould into your bottom

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[www.breastfeeding-and-medication.co.uk](http://www.breastfeeding-and-medication.co.uk)

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](mailto:wendy@breastfeeding-and-medication.co.uk)*

The over the counter remedies of creams, ointments and suppositories are all acceptable during breastfeeding despite what the manufacturer leaflet may suggest. Examples include Anusol™, Anusol HC™, Preparation H™, Germaloids™, Scheriproct™, Xyloproct™

Anusol has recently launched a product aimed at breastfeeding mothers but it is considerably more expensive

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