

# Gastroenterology and Internal Medicine Specialists, S.C.

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22285 Pepper Road, #311  
LAKE BARRINGTON, ILLINOIS 60010

24 HOUR ANSWERING SERVICE  
TELEPHONE (847) 382-4410  
FAX (847) 382-4451  
[www.GastroDr.com](http://www.GastroDr.com)

## FOR HEMORRHOIDS:

1. Colace 2x a day
2. Sitz bath 2-3x a day (warm water bath)
3. Lida-Mantle HC 2-3x a day & after each bowel movement
4. High Fiber Diet
5. Return to Dr.'s office for ongoing bleeding, fever, and/or pain.