

Policy Recommendation: Treatment of Chronic Anal Fissure (CAF) in Adults

Date of Issue: Dec 2017

The committee recommends:

Treatment of Chronic Anal Fissure (CAF) in Adults

- The majority of cases will be treated in primary care.
- Advice about diet and avoidance of constipation is imperative.
- First line pharmacological therapy is GTN (glyceryl trinitrate) rectal ointment.
- Diltiazem should only be used if there is continued intolerance to GTN after education on proper application of extremely small amounts.
- Medical therapies should be tried for at least a month.
- Injection of botulinum toxin should be restricted to one injection and offered to women and anally receptive men due to the increased risk of incontinence from surgery.
- Lateral sphincterotomy is supported for cases where all the aforementioned options have failed.
- Other interventions are considered low priority.

Notes:

Whilst the panel recognised the considered expert advice of NICE in their recommendation the panel also had a duty to prioritise spending of a finite resource locally and made a decision which it felt gave the most equitable and effective use of investment.