

BONUS #2

QUICK USE

THE 15-MINUTE FLARE-UP COMFORT CARD

A quick-use bonus guide for calming painful hemorrhoid flare-ups with safe, simple comfort steps.



Use this when discomfort suddenly starts, after a painful toilet visit, or when you need a calm step-by-step plan instead of guessing.

Important: Read This Before Using This Bonus

This bonus is an educational comfort guide. It is not a diagnosis, treatment prescription, or replacement for care from a qualified healthcare professional. Hemorrhoid symptoms can overlap with other conditions, so bleeding and severe symptoms should be taken seriously.

RED-FLAG WARNING

Seek urgent medical help if bleeding is heavy or does not stop, if you see large clots, if you have severe pain, dizziness, fever, black stool, or if symptoms are persistent or worsening. Rectal bleeding should be checked by a healthcare professional, especially if it is new, heavy, or repeated.

What This Bonus Helps You Do

- Calm down during a flare-up instead of panicking.
- Use a simple 15-minute warm-water comfort routine correctly.
- Know what to avoid when the area is irritated.
- Create a quick after-toilet recovery habit.
- Know when self-care is no longer enough and medical help is needed.

Why Flare-Ups Feel So Urgent

During a flare-up, people usually feel pain, burning, itching, pressure, swelling, or fear after using the toilet. The goal of this card is not to promise a cure. The goal is to help you reduce pressure, avoid extra irritation, and use simple comfort steps that are commonly recommended for hemorrhoid self-care.

A warm sitz bath or warm-water soak is commonly used to ease discomfort in the anal area. Mayo Clinic recommends soaking the anal area in plain warm water for 10 to 15 minutes two or three times a day, while Cleveland Clinic notes that plain warm water is usually enough and that salts, oils, or other substances should only be added if a healthcare provider recommends them.

The Core Idea

When pain starts, do not rush into harsh mixtures, scratching, rubbing, long toilet sitting, or repeated straining. Calm the area first, keep it clean and dry, reduce pressure, then return to your soft-stool plan.

The 15-Minute Flare-Up Comfort Card

Use this quick card when discomfort starts. Save it on your phone or print it out.

Minute	What To Do	Why It Helps
0-2	Stop straining. Leave the toilet if nothing is coming. Take slow breaths.	Straining and long toilet sitting increase pressure.
2-5	Prepare warm plain water for a sitz bath or shallow bath. Warm, not hot.	Warm water can calm discomfort without harsh rubbing.
5-15	Sit in the warm water for 10-15 minutes. Keep the area relaxed.	This is a common self-care step for comfort support.
After	Gently pat dry with soft tissue or a clean towel. Do not rub.	Rubbing can irritate the area further.
Next	Drink water, eat a fiber-friendly meal, and return to the 7-day plan.	Soft stool support reduces future strain.

QUICK RULE

Warm plain water. Gentle drying. No rubbing. No scratching. No long toilet sitting. No harsh mixtures.

How To Set Up a Sitz Bath Correctly

A sitz bath means sitting in shallow warm water so the anal area is soaked. You can use a clean basin that fits over the toilet or a clean bathtub with shallow water.

1. Clean first

Wash the basin or tub before use. Hygiene matters because the area may already be irritated.

2. Use warm water only

The water should feel warm and comfortable, never hot. Hot water can worsen irritation.

3. Sit for 10-15 minutes

Relax your body. Do not add soap, antiseptics, salt, oils, herbs, or strong mixtures unless a healthcare professional specifically tells you to.

4. Pat dry gently

Use soft tissue or a clean towel. Do not rub. Keep the area dry afterward.

5. Clean the basin

Wash and dry the basin after each use.

After-Toilet Recovery Routine

A painful toilet visit can make the whole day feel ruined. Use this sequence to reset quickly and avoid making the area worse.

- Do not sit on the toilet scrolling or waiting. If nothing is coming, stand up and try later.
- Avoid pushing hard. Straining is one of the biggest pressure triggers.
- Clean gently with water or soft tissue. Avoid aggressive wiping.
- Use the 10-15 minute warm-water comfort step if pain or burning starts.
- Pat dry, then wear loose breathable underwear/clothing if possible.
- Drink water and choose a soft-stool meal from Bonus #1.

The Goal

The goal after a painful toilet visit is to calm the area, avoid more pressure, and make the next stool easier to pass.

What NOT To Do During a Flare-Up

When pain starts, desperation can make people try anything. These are the common mistakes to avoid.

Avoid	Why
Hot water	Heat that feels burning or uncomfortable can worsen irritation.
Soap or strong antiseptic inside the bath	Can irritate sensitive skin and make burning worse.
Salt, oils, herbs, or unknown mixtures	Only add substances if a qualified professional advises it.
Scratching or rubbing	Can injure the skin and increase irritation.
Long toilet sitting	Increases pressure around the rectal veins.
Ignoring heavy bleeding	Heavy, persistent, or unusual bleeding needs medical attention.

The Flare-Up Comfort Checklist

Tick each step as you complete it. This is designed to be simple enough to use when you are uncomfortable.

- I stopped straining and left the toilet if nothing was coming.
- I prepared warm plain water - not hot water.
- I soaked for 10-15 minutes.
- I gently patted dry instead of rubbing.
- I drank water afterward.
- I chose a fiber-friendly meal/snack from the Soft Stool Shopping List.
- I avoided scratching, harsh mixtures, and long toilet sitting.
- I checked whether any red flags are present.

IF RED FLAGS ARE PRESENT

Do not rely on this card alone. Seek medical help if you have heavy bleeding, severe pain, non-stop bleeding, clots, dizziness, fever, or persistent/worsening symptoms.

Pharmacy / Clinic Conversation Script

If you feel embarrassed, use this simple script. You do not need to over-explain.

At the pharmacy

"Please, I am having painful hemorrhoid symptoms and toilet discomfort. I need advice on safe over-the-counter options and what warning signs mean I should see a doctor."

At the clinic

"I have pain/bleeding/discomfort around bowel movements. It has been happening for [number of days/weeks]. I would like it checked to rule out anything serious."

Information to write down before speaking to a professional:

- When symptoms started
- Whether there is bleeding, and how much
- Pain level from 1-10
- Constipation or hard stool history
- Any medicines, supplements, or creams used
- Any pregnancy, chronic illness, or blood thinner use

Printable Quick Card

You can screenshot this page and keep it on your phone.

THE 15-MINUTE COMFORT CARD

1. Stop straining. Leave the toilet if nothing is coming.
2. Prepare warm plain water - warm, not hot.
3. Sit for 10-15 minutes.
4. Pat dry gently. Do not rub.
5. Drink water and eat a soft-stool friendly meal.
6. Avoid scratching, harsh mixtures, and long toilet sitting.
7. Seek help for heavy bleeding, severe pain, clots, dizziness, fever, or worsening symptoms.

How This Bonus Fits the Main Protocol

This comfort card is not meant to replace the full 7-day protocol. Use it as your quick-response tool when discomfort starts, then return to the main plan and Bonus #1 to keep building soft-stool habits.

Use this order:

- Main ebook: follow your 7-day relief and recovery plan.
- Bonus #1: use the Soft Stool Shopping List daily to reduce straining triggers.
- Bonus #2: use this card when pain, burning, itching, or pressure suddenly starts.
- Bonus #3: track water, stool, pain, bleeding, and consistency.

REMEMBER

Relief comes from two things working together: quick comfort during flare-ups and better daily habits that reduce future strain.

References & Safety Sources

This bonus was written using conservative self-care guidance from reputable medical sources. It uses cautious language and does not claim to cure hemorrhoids.

- Cleveland Clinic - Sitz Bath: recommends warm water; notes that salts, oils, and other substances may cause inflammation unless directed by a provider.
- Mayo Clinic - Hemorrhoids diagnosis and treatment: warm bath/sitz bath in plain warm water for 10-15 minutes two or three times daily.
- NIDDK - Hemorrhoids diet and treatment: high-fiber foods and fluids can help make stools softer and easier to pass.
- NHS / NHS Inform - Piles/haemorrhoids: seek medical help for severe pain, heavy/non-stop bleeding, large clots, or persistent rectal bleeding.

Final note: If symptoms persist, worsen, or feel unusual, speak with a qualified healthcare professional.