**DILTIAZEM 4% TOPICAL FOR CHRONIC ANAL FISSURE**

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**Abstract:** Anal fissure is a relatively common disease in the population. It is estimated that ~ 10-15% of the population is affected. It is a painful condition occurring in the anal canal and is usually related to traumatic tears of the anoderm. Several treatment options are proposed, and oral diltiazem is often recommended as a primary treatment. However, no evidence supports the efficacy of diltiazem. One case series of 16 patients indicates that diltiazem 4% ointment was as effective as nifedipine in the treatment of chronic anal fissure. Furthermore, diltiazem ointment is better tolerated than nifedipine. In this paper, we report the results of a randomized, double-blind, placebo-controlled, cross-over trial in 30 patients comparing the efficacy of topical diltiazem 4% with oral diltiazem 300 mg in the treatment of chronic anal fissure. The study showed that both treatments were effective, but patients were more satisfied with topical diltiazem 4%, which was better tolerated than oral diltiazem 300 mg. The study confirms the effectiveness of diltiazem in the treatment of chronic anal fissure. Further research is needed to confirm this finding.

**Keywords:** anal fissure, local, topical treatment, diltiazem

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