

DIOSMEN 450MG + HESPIRIDIN 50MG TABLET

(<http://www.webmd.com/default.htm>)

Class: a type of plant chemical found mainly in citrus fruits.

Indications:

Internal hemorrhoids, when used in combination with diosmin. The combination of hesperidin and diosmin seems to both significantly improve symptoms of hemorrhoids and also keep hemorrhoids, once healed, from coming back.

Treating leg ulcers caused by poor circulation, when used in combination with diosmin. Hesperidin, in combination with diosmin and a compression dressing, seems to improve healing of small ulcers (less than 10 cm) caused by poor blood circulation.

Available dosage form in the hospital:

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Trade Names:

Dosage:

BY MOUTH:

- For the treatment of internal hemorrhoids: 1350 mg of diosmin plus 150 mg of hesperidin twice daily for 4 days followed by 900 mg of diosmin and 100 mg of hesperidin twice daily for 3 days. Some researchers also try 600 mg of diosmin three times daily for 4 days, followed by 300 mg twice daily for 10 days, in combination with 11 grams of psyllium daily. However, this lower diosmin dose does not seem to be as effective.
- For prevention of relapse internal hemorrhoids: 450 mg of diosmin plus 50 mg of hesperidin twice daily for 3 months of therapy.
- For the treatment of leg wounds due to bloodflow problems (venous stasis ulcers): the combination of 900 mg of diosmin and 100 mg of hesperidin daily has been used for up to 2 months.

Common side effect: Diosmin is safe for most people when used short-term for up to three months. It can cause some side effects such as stomach and abdominal pain, diarrhea, and headache.

Do not take diosmin for more than three months without medical supervision.

Pregnancy Risk Factor:

Not enough is known about the use of diosmin during pregnancy and breast-feeding. Stay on the safe side and avoid use.