The Hemorrhoid Trigger Checklist

The everyday foods, habits, and routines that quietly trigger and worsen hemorrhoids — and the fix for each. Tick the ones that sound like you, then build a plan to fix them.

DIET & HYDRATION

- [ ] **Less than ~25g of fiber a day**
  Fiber bulks and softens stool so you don't have to strain.
- [ ] **Not drinking much water**
  Dehydration hardens stool — the #1 setup for straining.
- [ ] **Lots of processed or fast food**
  Low fiber + salt = sluggish, harder bowel movements.
- [ ] **Frequent spicy food**
  Won't cause hemorrhoids, but can sting an active flare.
- [ ] **Regular alcohol**
  Dehydrates and can inflame the area.
- [ ] **Heavy coffee or caffeine**
  Dehydrating in large amounts.

BATHROOM HABITS

- [ ] **Straining or pushing to go**
  The single biggest mechanical trigger.
- [ ] **Sitting on the toilet more than 5 minutes**
  The open seat pools blood in the vein walls.
- [ ] **Phone or reading on the toilet**
  Keeps you sitting and straining far longer than you think.
- [ ] **Holding it when you feel the urge**
  Stool dries out and hardens the longer you wait.
- [ ] **Frequent constipation**
  Means regular straining.
- [ ] **Frequent diarrhea**
  Constant wiping and urgency irritate the area.

DAILY LIFE

- [ ] **Sitting for long stretches (desk or driving)**
  Steady downward pressure on the veins all day.
- [ ] **Little or no exercise**
  Movement is what keeps digestion regular.
- [ ] **Heavy lifting (gym or on the job)**
  Spikes abdominal pressure with every rep.

- [ ] **Long flights or road trips**
  Hours of uninterrupted sitting.
- [ ] **Pregnant or recently gave birth**
  Extra pressure on the pelvic veins.
- [ ] **Carrying extra weight**
  More constant pressure on the lower rectal veins.

Ticked a few? Get your personalized plan.

Take the free 60-second quiz for a personalized pick + 15% off your first order:

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