

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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