



Banding of haemorrhoids

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Version 4

About this leaflet

The purpose of this leaflet is to tell you about Haemorrhoids, their causes and treatments. It also tells you about Haemorrhoid Banding and how to remove them.

What are haemorrhoids?

Haemorrhoids, also known as piles, are like varicose veins that occur in the anal canal. When the veins become swollen with blood, haemorrhoids occur. This can be within the anal canal, (internal haemorrhoids), or under the skin outside the anal canal (external haemorrhoids).

Haemorrhoids are common and may occur at anytime during life. The following symptoms are common:

- bright red rectal bleeding (tends to be on the toilet paper, but may be in the toilet pan);
- pain around the anus; and
- pruritis ani (itchy bottom).

Haemorrhoids are more common in patients with constipation and in patients who strain or sit for long periods on the toilet, e.g. patients who read while sitting on the toilet.

Treatment

Haemorrhoids can be treated by prevention of constipation. A high fibre diet with adequate fluid intake is advised; the current recommendation is two litres of fluid per day. This can prevent progression of the disease and reduces complications.

The following foods are high in fibre:

- cereals;
- wholegrain bread;
- fruit and vegetables; and
- seeds and nuts.

Where a high fibre diet is difficult, a fibre supplement is advised. A prescription can be obtained from your GP. Haemorrhoid cream or suppositories containing local anaesthetic can help with pain and itching. Try to avoid straining when on the toilet.

Haemorrhoid banding

Small haemorrhoids can be treated by a procedure called 'banding'. In this method, a tight rubber band is placed around the neck of the haemorrhoid so that the blood supply is cut off. Over the next seven to 10 days, the band and the haemorrhoid falls off.

Larger internal haemorrhoids or external haemorrhoids may require surgical treatment.

Information for patients who have undergone banding of haemorrhoids

- You may have a small amount of bleeding.
- You may experience mild discomfort in the rectum for 24-48 hours. A simple painkiller should relieve the pain.
- You may have a small amount of bleeding when the elastic bands fall off.

Severe pain and bleeding are rare complications. Should you experience either, contact your GP or local hospital immediately.

Contact

If you have any problems or questions, please contact the day unit via the switchboard on 0141 951 5000. The day unit operates Monday to Friday 7.30am to 8pm but please only telephone the unit between the hours of 8am and 7pm. Outwith these hours you should contact the Senior Nurse via the switchboard as well.

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