

Banding of haemorrhoids (1 of 2)

What are haemorrhoids?

Haemorrhoids, also known as piles, are swellings that contain enlarged and swollen blood vessels in or around the rectum and anus.

What causes haemorrhoids?

Constipation, pregnancy and childbirth, obesity and straining e.g. whilst lifting or vomiting can all contribute to the development of haemorrhoids.

What treatments are available?

There are a variety of treatments for haemorrhoids. Your surgeon will discuss with you which treatment would be best for you.

Do I have to have any treatment?

If you do nothing the piles will stay troublesome or get worse. They will not get better.

What is 'banding' and how will it help me?

This involves using a small instrument to put a very tight elastic band over the haemorrhoid. This band cuts off the blood supply so that the haemorrhoid should drop off, usually within 3-7 days after the banding. The procedure is done in the Outpatient Department and there is no special preparation needed.

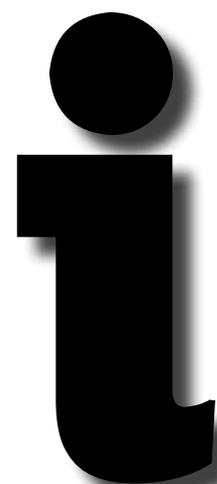
Many people experience a dull ache or discomfort with banding, which may require painkillers. This wears off over a 24 hour period.

Are there any complications?

Complications following banding of haemorrhoids are extremely rare. Very rarely there can be major bleeding afterwards. If you see a lot of fresh bright red blood or pass clots, you should seek urgent medical attention.

What should I do when I get home?

- You may experience some pain or discomfort for a day or so after the banding. You should take your regular household painkillers (such as paracetamol) if you need to. Please follow the directions on the packet carefully. Very occasionally these do not work effectively and you may need to ask your pharmacist or contact your GP for something stronger.



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- After your treatment you may feel that you want to open your bowels. Usually this feeling wears off after a time. If you find it necessary to open your bowels do not worry but try to avoid straining.
- Avoid using any applicators or creams directly into the anus.
- Avoid strenuous exercise for the rest of the day. For example, avoid playing sport, jogging or riding a bike.
- You can bath or shower as you wish.
- You should be able to get back to your normal life the next day.

What should I do if I bleed after I go home?

- A small amount of bleeding on your stool or on the toilet paper when you wipe yourself, is normal. You may notice bleeding when the haemorrhoids fall off, leaving a small raw area inside the anus (usually about 1 week after banding). You will probably not see the haemorrhoids or bands as they will pass down the toilet with a bowel motion.
- As we have already said, very rarely there can be more major bleeding. If you see a lot of fresh bright red blood or pass clots, you should seek urgent medical attention.
- You may be seen again in 6-12 weeks to check that the banding has been successful. Sometimes the banding needs to be repeated.

Can I prevent the haemorrhoids coming back?

Unfortunately, having your haemorrhoids injected or banded does not guarantee that they will never come back. You now know that you have a tendency to develop haemorrhoids, so it makes sense to try to avoid this happening in the future.

Some doctors feel that the best way of preventing haemorrhoids is to avoid straining to open your bowels and to go when you feel the urge rather than putting it off because you are busy.

Try to increase the amount of fibre in your diet. Aim to eat 25-30g of insoluble fibre a day, such as wholegrain bread, cereal, and fruit and vegetables. The body is unable to digest insoluble fibre, so it passes through the bowels and helps other food and waste move through more easily.

Also drink plenty of water. Aim to drink at least 6 to 8 glasses of fluid a day and avoid too much caffeine (found in tea, coffee and cola).