



## ADVICE TO PATIENTS HAVING BANDING OF HAEMORRHOIDS

Treatment with band ligation of haemorrhoids involves placing a small rubber band around the base of each haemorrhoid. This band will cut off the blood supply to the haemorrhoid, which will then fall off after three to ten days - this is unlikely to be noticed.

### What to expect:

- Some light bleeding for up to 2 weeks, spotting, spraying in toilet bowl and occasionally small clots may be passed
- Rectal spasm may last 24 hrs to 2 weeks.
- You may experience moderate discomfort in the first 48hrs. This may involve lower abdomen, buttocks and upper thigh. Men may experience scrotal pain. Take pain relief as prescribed. Discomfort may be mild for up to 14 days. If you are concerned please contact Gastrotract.
- You may get the urge to use your bowels. Try to avoid straining for 4 hours after the procedure, otherwise bands may become dislodged.
- Pain may cause a vasovagal episode. This is when you will feel light headed. It may also cause dry mouth, sweating, fainting and vomiting. If this occurs, lie flat and elevate feet until the sensation passes. Slowly sit up.
- You may also find it difficult to pass urine. Warm baths and showers can assist to reduce pelvic floor muscle spasms.
- If you are unable to pass urine after 12 hrs of procedure, present to your nearest Emergency department. They should be able to insert a tube into your bladder to drain (catheter). This is only temporary and should resolve without further treatment.
- If you develop a temperature, ensure you seek medical advice, either GP or specialist. Avoid constipation- maintain a high fibre diet, 2+ litres of fluid per day. Use Coloxyl (or similar) at night if necessary.
- Warm baths and application of a barrier cream may help with anal itch and irritation. Haemorrhoids will usually drop off within 3-days post procedure. The ulcers left at haemorrhoid site may take up to 3 weeks to heal.
- Post procedural follow-up in 4-6 weeks. Please contact Gastrotract if you do not know of a follow-up appointment date
- A medical certificate will be provided for at least day of procedure and following day. If bowel prep has been taken, also include day prior to procedure



- A Tube of Lignocaine Gel will be provided to you on discharge.
- Apply 1 cm strip or 'pea size' of Lignocaine Gel into anal area or area of discomfort 4-6 times per day or as required.
- If anal irritation occurs STOP USING GEL.
- After using your bowels, clean area thoroughly but gently. Dry well and apply gel as directed.

In the unlikely event that you experience any of these symptoms:

Feel feverish

Lose large amounts of blood (more than a small cup)

Have difficulty passing urine

Experience marked swelling of the anus

Contact GastrotrACT

02 6234 7900 between 8.00am and 5.00pm

Or after hours:

Contact your General Practitioner, or

Present to your local Hospital Emergency Department