

## Hemorrhoid Banding in Clinic

Hemorrhoids are enlarged veins in your anus and low rectum. Banding can correct minor internal hemorrhoids. A small, hollow rigid tube is placed into your anus to fully see the anus and lower rectum. With small tools, a latex band is wrapped around the base of the hemorrhoid. The band cuts off the blood supply to the tissue. The hemorrhoid and the band fall off in 3 – 10 days. Many people do not see the bands or hemorrhoid fall off.

### Bowel Prep

If ordered by your doctor, you may be given an enema just before the procedure.

### After the Banding

#### Activity

- Nothing strenuous for 24-48 hours after the banding.
- **Do not** lift more than 20 pounds for 24-48 hours.

#### Pain

Use Tylenol® as directed for pain relief. Ask your doctor when it is safe to take aspirin or ibuprofen. You may have rectal pressure and painful rectal spasms. This can last until the bands fall off. To help relieve these pains, sit in a bathtub of warm water 2 – 4 times a day and after each bowel movement.

#### Bleeding

You may have some bleeding with bowel movements until the bands fall off and for a few days after with each bowel movement. The bands will fall off between day 3 – 10 after the procedure. Expect to have some bleeding and more pain when this happens.

### Prevent Constipation

- Follow the urge to have a bowel movement, **do not** delay or 'hold it.'
- Banding can cause pressure and give you a sensation that you must have a bowel movement, but no stool is present. It is very important to avoid straining to have a bowel movement.
- Drink 8 to 10 (8-ounce) glasses of fluid (water, juice, tea) per day.
- Eat plenty of high fiber foods such as fruits, vegetables, and whole grain cereals.
- Take a stool softener (docusate sodium, Colace®) for the first 1-2 weeks and begin a long-term bulk fiber laxative (Metamucil®). Follow package directions.

### When to Call

- Pain not relieved by Tylenol®.
- Heavy bleeding at any point
- Excess bleeding that does not stop after you apply pressure to rectal area for 10 minutes.
- Temperature (by mouth) greater than 100.4° F.
- Problems passing urine.

### Who to Call

Digestive Health Center  
(608) 242-2800

After hours, weekends or holidays, this number will be answered by the paging operator. Ask for the doctor on call or ask for Dr. \_\_\_\_\_. Leave your name and phone number with area code. The doctor will call you back.

The toll-free number is: (855) 342-9900