

Hemorrhoid Banding in Clinic

Hemorrhoids are enlarged veins in your anus. Banding can correct minor internal hemorrhoids.

Banding Procedure

A small, hollow rigid tube is placed into your anus to fully see the anal canal. 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 shrinks and the band falls off in 3-10 days. Many people do not see the bands fall off.

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. Repeat 2 – 4 times a day for 10-20 minutes after each bowel movement.

Bleeding

You may have some bleeding with bowel movements until the bands fall off. You may also have some pain and bleeding when the bands fall off in 3-10 days.

Prevent Constipation

- Follow the urge to have a bowel movement, do not delay or ‘hold it.’
- Banding can cause pressure and cause you to feel like 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 week and begin a long-term bulk fiber laxative (Metamucil[®]). Follow package directions.

When to Call

- Pain not relieved by Tylenol[®].
- Bleeding that does not stop after you apply pressure to rectal area for 10 minutes.
- Fever greater than 100.4° F, taken by mouth.
- Problems passing urine.

Who to Call

Digestive Health Center
(608) 242-2800 or 1(855) 342-9900

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