

What are the symptoms of haemorrhoids?

The most common symptom of haemorrhoids is bleeding, which is usually bright red and separate from your stool. This often happens after you have opened your bowels.

Other symptoms include itching and soreness around your anus.

What causes haemorrhoids?

The causes of haemorrhoids are unclear. Straining (pushing down when trying to open your bowels) may make the symptoms worse, as does constipation (having stool that is hard to pass), long term diarrhoea, age, obesity.

Haemorrhoids are very common after pregnancy, due to the increased pressure on the pelvic blood vessels.

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

Banding involves a consultant inserting a small instrument called a proctoscope into your anus.

This is used to visualise and apply a tight elastic band around the internal section of your haemorrhoid, cutting off its blood supply.

This makes the haemorrhoid fall off, relieving your symptoms within 10-14 days.

The banding only takes a few minutes to perform, and is not painful.

What to Expect Before the Procedure?

Your healthcare provider will review your medical history and examine your haemorrhoids. You may be advised to avoid certain medications or dietary habits before the procedure.

How is Haemorrhoid Banding Performed??

Preparation: You will be positioned on your side.

Examination: Your doctor will use a speculum to examine your rectum.

Banding: Small rubber bands are placed around the base of the haemorrhoid using a special instrument.

Completion: The procedure is typically completed within a few minutes.

Benefits of Haemorrhoid Banding

Minimal discomfort: Banding often involves less pain than other treatments.

Quick procedure: The procedure typically takes only a few minutes.

High success rate: Haemorrhoid banding has a high success rate in treating internal haemorrhoids.

Minimal recovery time: Most patients can return to their normal activities shortly after the procedure.

Risks and Complications

Haemorrhoid banding is generally a safe procedure, but there are potential risks, including:

Pain and discomfort: Some patients may experience more pain or discomfort than others.

Bleeding: There may be some bleeding or spotting after the procedure.

Infection: In rare cases, an infection can occur.

After your treatment

You may experience a dull ache for about five hours after it has been put on. You may also feel as though you want to open your bowels. This is normal, but please try to put off the urge to go until the following day if possible.

You may also have some bleeding over the next couple of days. You may even see the haemorrhoid and band in your stool when you open your bowels. This is perfectly normal.

Please avoid using creams or applicators directly into the anus after your treatment.

If you experience a lot of bleeding that does not stop, or if you feel unwell, feverish and have severe pain, please go to your nearest accident and emergency (A&E) department and explain that you have had your haemorrhoids banded.

Follow-up care

If you have several haemorrhoids, you may need the banding to be repeated, as we generally only band two haemorrhoids at a time. This is to minimise your discomfort and the risk of bleeding.

We advise you make an appointment to see your GP six to eight weeks after you have had your haemorrhoids banded.

This is to check that the banding has been successful and that your symptoms have gone. It is important that you make and attend this appointment.

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How can I prevent the haemorrhoids from coming back

Unfortunately, having your haemorrhoids banded or Injected 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.

The best way to prevent haemorrhoids is to avoid straining to open your bowels. Try to go to the toilet when you feel the urge, rather than putting it off because you are busy. If you have a tendency towards constipation, try to increase the amount of fibre in your diet.

This leaflet has been designed to give you important information about your condition/procedure and to answer some common questions that you may have.



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Haemorrhoid Banding information leaflet



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Haemorrhoids, often known as piles, are swollen blood vessels in the anal canal (back passage). The swellings can be either:

- Internal - they are inside the anus (the opening to the back passage)
- External – they are outside the anus and cause lumps to protrude through the anus.

Around half the people in the UK develop one or more haemorrhoids at some point in their lifetime. Most haemorrhoids can be easily treated.