

## HEMORRHOID BANDING INFORMATION

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Date

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Time

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Location

Hemorrhoid banding is a procedure which is designed to shrink the hemorrhoid, not remove it, and is generally only applied to hemorrhoids that are internal. The procedure places a small rubber band over one hemorrhoid in each session, and takes about 3-5 minutes per session. There are usually three (3) banding sessions required at 2-week intervals with a final check up a few weeks later.

The procedure is relatively painless since the banding of the area involved does not have nerve endings and there is no pain sensation. The rubber band cuts off the blood supply to the hemorrhoid and the band may fall off as soon as 48 hours after the banding (the band may occasionally be seen in the toilet bowl following a bowel movement). You may notice a feeling of fullness or pressure in the lower bowel passage which should respond adequately to Tylenol or Motrin.

To avoid constipation, take two tablespoons of natural wheat bran, natural oat bran, flax, Benefiber or any over the counter fiber supplement with 8 ounces of water. Drink 7-8 glasses of water throughout the day.

Unless you have been prescribed anorectal medication, do not put anything inside your rectum for two weeks: No suppositories, enemas, fingers or other devices.

Occasionally you may have more bleeding than usual after the banding procedure. This is often from the untreated hemorrhoids rather than the treated one. Don't be concerned if there is a tablespoon or so of blood. If there is more blood than this, lie flat with your bottom higher than your head and apply an ice pack to the area. If the bleeding does not stop within a half an hour and you feel faint, call our office at 253.272.5127.

Problems are not common, however if there is a substantial amount of bleeding, severe pain, chills, fever or difficulty passing urine (very rare), or other problems, you should call us at 253.272.5127 or report to the nearest emergency room.

If you are traveling long distance by car or plane, take your fiber supplement with you along with plenty of water. Do not drink alcohol as this tends to cause dehydration. Every hour, walk around for a few minutes.

Do not spend more than a few minutes on the toilet if you cannot empty your bowel; instead revisit the toilet at a later time.