



HEMORRHOID BANDING FACT SHEET

Instructions Following Hemorrhoid Banding

- The most common feeling that people have after this procedure is a feeling that they need to move their bowels.
- If you need to have a bowel movement, it is OK, but do not push or strain. If you sit on the toilet and nothing comes out, just tell yourself that the feeling is from the rubber band and try again later.
- If you have pain, the best thing to do is sit in hot water.
- Make the water as hot as you can tolerate without burning yourself. You will find that this will be the most comfortable.
- You can also use Advil or Tylenol as necessary.
- If the pain is stronger than Advil or Tylenol will deal with, I want you to call me.
- Whatever pain you have should be gone within a few days.
- You may notice a little bit of blood when you move your bowels for the next day or two.
- The rubber band and the hemorrhoid will fall off in about 7-10 days. You will probably not notice, although there can be some bleeding at that time.
- Occasionally, bleeding can be very heavy, especially if the rubber band comes off prematurely. Bleeding just with bowel movements is not a problem, but if the blood seems to be coming out and not stopping, you need to call.
- For right now, there is no limitation or restrictions in terms of diet, activity or exercise. The more you can forget about this, the better it is. Walking is great.
- You can eat your normal diet. You do want to keep your bowels soft, so that you do not have to push or strain. Try to eat a high-fiber diet: fruits, vegetables, salads, whole wheat bread and bran. Drink a lot of liquids. If necessary, take a stool softener like Metamucil or Colace if you find that you are having to strain.

Continued on other side.

HEMORRHOID BANDING (continued)

- We will give you a follow-up call one month after the banding to check on your status and see how you've responded to the procedure. If the bleeding has stopped and you are comfortable, we do not have to do anything else.
- Call me if you have any problems.