

## Gastroenterology - Haemorrhoidectomy

### Introduction

The COVID-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

When you are waiting for further treatment it can sometimes feel like a long wait. The information and advice here is aimed at helping you manage that wait so you arrive for your appointment in the best possible physical and mental health.

The NHS has limited resources which means that we are unable to treat you as quickly as we would like. Each healthcare provider has to consider the type of help you need, how quickly you need treatment, the best course of action to help you and when and where you can be seen.

The process of sorting patients based on their individual needs is called prioritisation. The system of prioritisation is applied consistently across the NHS to help us to decide the order in which patients receive their treatment. This is essential to ensure that we provide care based on need. The system means that care is delivered in the fairest way possible.

Once a referral has been made from primary care to secondary care, the specialist team conduct assessments and then agree with you on the right course of action. At this stage, the urgency will be assessed. If you have a long-term health condition, for example, you may need treatment faster than someone without.

### Guidance for Patients

Your surgeon has recommended that you undergo an operation to remove your haemorrhoids (piles). Surgery is required for certain types of haemorrhoids, or where other forms of treatment have not been able to control the symptoms.

If you have further questions, please speak to the doctor or ward staff when you come to the hospital.

You will be admitted on the day of your surgery. Just before surgery the nurse may give you an enema to empty the bowel.

Haemorrhoids usually have an external component outside the anus as well as the main component inside the anal canal. Depending on the number of piles, these are removed in 2 to 3 separate areas. The tissues are often left open. No special dressings are required.

## My Planned Care Patient Information Platform

After the procedure:

- Eating and drinking: You may eat and drink normally, and we recommend a high fibre diet and fluid intake of at least 6 to 10 glasses of water daily.
- Getting around and about: Within a few hours of your operation, you will be encouraged to get up and walk around with assistance.
- When you can leave hospital: Discharge from hospital will be the same day. You should expect to have your bowels open within 2 to 3 days and this will be uncomfortable at first. A small amount of bleeding is expected.
- Returning to normal activities: The time taken to get back to normal activities varies for different people and with the extent of your surgery. Do as much as you feel comfortable doing. If lifting causes you discomfort, you should avoid it. Most people need a week or two off work, but this will depend on what type of work you do.

Pain relief:

In order to minimise the pain associated with your operation, a number of measures will be taken:

- At the time of surgery, local anaesthetic will be injected. This will provide pain relief for much of the day.
- After surgery you will be given painkillers to take by mouth. The usual medication is Ibuprofen. The medication can irritate the stomach and therefore must be taken with food.

## What should I do if my health is deteriorating?

If its not an emergency please contact the NHS 111 Service. **Urgent Health Advice**

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

## Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

## Contact Us

[gastrosecs@dchft.nhs.uk](mailto:gastrosecs@dchft.nhs.uk) 01305 255355