

## COLORECTAL – Haemorrhoidectomy

### Introduction

The Covid 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 or diagnostic tests will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Your GP/Healthcare Practitioner has recommended a haemorrhoidectomy; this is surgery to remove swellings inside and around your bottom, known as haemorrhoids or piles, and to relieve their symptoms.

### Guidance for Patients

While you are waiting for your procedure your GP/Consultant may have recommended an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your well-being. But generally, it is important that you stay as healthy as you can both physically and mentally while you wait for your surgery. If you have any long-standing conditions such as high blood pressure you should get this regularly reviewed at your GP surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your procedure. Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker or drink heavily, it would be advisable to seek support to help with stopping. The NHS website has lots of tools and support to help with losing weight, getting active, quitting smoking and drinking less, all of which are good for your health generally, but if you are due to have an operation or any hospital intervention, they can also help you to recover more quickly from it.

For help and support with losing weight visit: [www.nhs.uk/better-health/lose-weight/](http://www.nhs.uk/better-health/lose-weight/)

For advice on eating well visit: [www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)

For help and support with getting or keeping active visit: [www.nhs.uk/better-health/get-active/](http://www.nhs.uk/better-health/get-active/)

For help and support with quitting smoking visit: [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)

For help and support with drinking less alcohol visit: [www.nhs.uk/better-health/drink-less/](http://www.nhs.uk/better-health/drink-less/)

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

If you feel that your haemorrhoids (piles) are becoming significantly worse while you wait, please contact your GP or NHS 111 for medical review in the first instance. They will be able to advise if this is something they can support you with during your wait, or they will be able to direct you to the appropriate service to determine a management plan.

# My Planned Care Patient Information Platform

## 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

Email: [colorectalsecretaries@SomersetFT.nhs.uk](mailto:colorectalsecretaries@SomersetFT.nhs.uk)

Telephone: 01823 34 3930