

Endoscopy Unit – Banding Your Haemorrhoids (Piles)

Introduction

Following your discharge from the Endoscopy Unit your management of care will be automatically handed back to your referring Consultant/G.P.

This leaflet explains what to expect and discharge advice following **Banding of your Haemorrhoids**.

Guidance for Patients

After your treatment

- Try not to open your bowels until the day after your banding, but do not worry if this is not possible, do not **strain**.
- You will be able to take a bath or shower as you would normally, but avoid strenuous exercise, such as jogging, riding a bike or heavy lifting, for the rest of the day.
- You should be able to get back to normal activities the next day.
- You may have a dull ache inside your anus for up to 48 hours. This is normal and you may take regular over the counter painkillers (such as paracetamol) if you need to. You may also have some bleeding over the next couple of days. You may even see the haemorrhoid 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.

Can I prevent the haemorrhoids coming back?

Unfortunately, having your haemorrhoids banded 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.

Some doctors feel that the best way of preventing haemorrhoids is to avoid straining to open your bowels, and to go when you feel the urge rather than putting it off because you are busy. If you have a tendency to constipation, try to increase the amount of fibre in your diet.

Fibre forms the structure of cereals, fruit and vegetables. It is not completely digested and absorbed by the body, so it provides bulk to the stools. This helps the movement of waste through the intestines, resulting in soft stools which are easy to pass. See suggestions on foods rich in fibre.

Foods Rich in Fibre

- Wholemeal bread
- Cereals labelled “wholegrain cereal” e.g. porridge oats, muesli

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- Wholemeal pasta
- Brown rice
- Beans - including baked beans, peas lentils
- Wholemeal biscuits - e.g. digestive, rye crispbread, oatcakes
- Fruit - especially if eaten with skin or pips
- Vegetables - especially if eaten with skin or seeds, e.g. jacket potatoes
- Nuts, seeds and dried fruit

NB

- You should increase the amount of fibre in your diet gradually – a sudden increase can cause abdominal discomfort and wind.
- If fibre in your food is not enough to keep your stool soft then consider taking a fibre supplement, such as Fybogel (you can buy this at the chemist or your doctor can prescribe it).
- If you become pregnant you will need to take special care not to become constipated.
- It is also important to ensure that you drink plenty of fluid. Try to take at least 6-8 cups of fluid a day.
- The fluids you take can be any type, including water, tea, coffee, unsweetened fruit juice, squash or soup.
- If you feel that you would like further guidance on diet, your doctor may be able to refer you to a dietician.

What are the risks of banding?

Banding is a safe, routine procedure performed without anaesthetic. The main risk from banding is bleeding. A small amount of bleeding – about an egg cup full is normal, particularly after opening your bowels.

There is also a small risk of infection inside the anus which can be treated with antibiotics.

Where can I find out more information about my diagnosis?

You may be given additional information leaflets on discharge if required.

Useful Websites

www.corecharity.org.uk/ - Click on the patient information option on the top of the page and a selection of leaflets and fact sheets are available for download.

Patient feedback

We greatly appreciate any patient feedback both negative and positive. This enables the Endoscopy Unit to evaluate and improve our service.

Please feel free to enter your feedback using any of the following:

- Patient comments book – this can be found in the recovery area
- NHS Choices
<https://www.nhs/services/hospitals/LeaveReview>
- Complete one of our NHS Friends and Family (FFT) Test cards – these can be found in the Recovery Area, or ask a member of staff for a card.

What should I do if my health is deteriorating?

Please contact our call centre on 01926 600036

In emergencies, please contact NHS 111 for advice.

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Contact Us

After my discharge if I have any concerns or feel unwell?

In routine working hours - Monday – Friday 08:00-18.00 contact the Endoscopy Unit 01926 495321 Ext 4275/4429

Out of Hours:

- Willoughby Ward (Colorectal Ward at Warwick Hospital) – contact staff for advice on 01926 495321 extension 4338
- Contact your GP or contact NHS 111

If you feel unwell feverish and have severe pain, please go to your nearest Accident & Emergency Department of your local hospital (bringing with you your Endoscopy Report) or ring 999.