



**COLO-RECTAL
ASSOCIATES**
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INSTRUCTIONS FOLLOWING LIGATION OF INTERNAL HEMORRHOIDS

Many methods are used to treat internal hemorrhoids. The method used today involved applying a rubber band to the base of the hemorrhoid. The band tightens and removes the hemorrhoid.

You may experience a dull ache or a need to move your bowels once the band is applied. These sensations usually resolve in 24 to 48 hours. Some patients use extra-strength acetaminophen (Tylenol) or a warm bath to relieve these symptoms.

No special diet is necessary. To keep the bowel movements soft, it is recommended using a fiber product (Metamucil, Citrucel, Benefiber, etc.). Place 1 teaspoon of the fiber product in 8 ounces of water, followed by another 8 ounces of water. Use the fiber product for 2 – 4 weeks after the last ligation, unless directed otherwise by the doctor.

You may resume your normal activities immediately after the ligation, including driving.

The hemorrhoid will usually slough off in 3 – 10 days, but it may slough off the same day or later than 10 days. A small amount of bleeding may occur right after the banding, and again when the hemorrhoid sloughs off. This is normal.

IF SEVERE BLEEDING OCCURS, CALL THE NUMBER BELOW, OR GO TO THE NEAREST EMERGENCY ROOM. Severe bleeding is defined as 3 to 4 bloody bowel movements within a period of 1 – 2 hours.

IF FEVER, SEVERE PAIN OR THE INABILITY TO URINATE OCCURS, CALL THE NUMBER BELOW, OR GO TO THE NEAREST EMERGENCY ROOM.

Please remember that bleeding and/or protrusion may persist until all hemorrhoids have been ligated. In general, 3 or more treatments are needed to remove all symptomatic hemorrhoids. One ligation is performed every 2 weeks to minimize discomfort.

Any questions, call **412-373-8040**

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