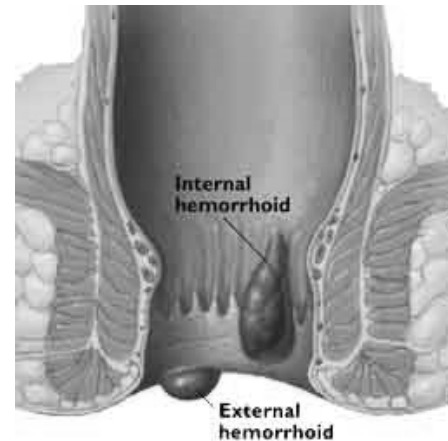


## What to expect after Banding of Haemorrhoids

You have had a procedure called banding of haemorrhoids (piles). This leads to a part of the haemorrhoid dying and falling away. The bowel lining then heals over a period of 2-3 weeks. It is an excellent treatment for haemorrhoids and most patients experience no problems following the procedure.



### What are the possible after-effects of the procedure?

In the days following your procedure you may notice the passage of tiny bands with your motions. This is normal and is no cause for concern.

You may experience minor rectal bleeding. Again, this is no cause for concern and should gradually dry up. However, when the band separates at around 10 days after the procedure, bleeding can recur. Further treatment may be necessary if the haemorrhoids were large and bleeding continues. **In view of the risk of bleeding, we advise you not to fly long haul for 3 weeks after haemorrhoid banding as it would not be possible to get the necessary medical help on a plane.**

You may also experience minor anal or rectal discomfort possibly caused by spasm, which can last 2 – 3 days. Simple medication for this such as paracetamol, cocodamol, codydramol, coproxamol, etc., may be taken. Do not take aspirin or anti-inflammatory drugs such as ibuprofen or diclofenac, etc., as these increase the likelihood of bleeding. However, low doses of aspirin (up to 75mg daily) for heart or circulation problems may be continued as normal. Soaking in a warm bath may also be helpful. If the discomfort is severe or worsens, please seek help by telephoning one of the numbers overleaf.

Avoid using applications or creams directly into the anus. You should also avoid strenuous exercise such as playing sport, jogging or riding a bicycle for a few days.

### When to seek help

If at any time you experience heavy rectal bleeding or severe anal or rectal discomfort, please seek help. Very rarely, banding of haemorrhoids can lead to infection. If you experience a fever (high temperature) or pain in the anal canal or rectum, please seek medical help. You may need antibiotics or further treatment.

If you are concerned or distressed by the symptoms, the priority will be to return to hospital to be seen in the Emergency Department. However, if there is time and you or a family member are able, please also consider the following options:

***Please do not hesitate to contact us if you are worried about any symptoms you experience after this test.***

*Continued overleaf*

Within office hours, telephone the unit in which your procedure was done:

- Lady Sobell GI Unit, Wexham Park Hospital on 01753 634163
- **Endoscopy Unit**, Heatherwood Hospital on **01344 877801**
- Short Stay Surgery Unit, Heatherwood Hospital on 01344 877632
- **Outside office** hours, all patients should telephone the **Christiansen Unit** at Wexham Park Hospital on **01753 634716** or **01753 634719** and ask for advice.

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:  
**Frimley Park Hospital**  
**Telephone:** 01276 526530  
**Email:** palsfrimleypark@fhft.nhs.uk  
**Heatherwood Hospital**  
**Telephone:** 01753 633365  
**Email:** palsheatherwood@fhft.nhs.uk  
**Wexham Park Hospital**  
**Telephone:** 01753 633365  
**Email:** palswexhampark@fhft.nhs.uk

<p><b>Frimley Health NHS Foundation Trust</b>  <b>Frimley Park Hospital</b>          Portsmouth Road          Frimley          Surrey          GU16 7UJ</p> <p><b>Hospital switchboard:</b>          01276 604604  <b>Website:</b> www.fhft.nhs.uk</p>	<p><b>Frimley Health NHS Foundation Trust</b>  <b>Heatherwood Hospital</b>          London Road          Ascot          SL5 8AA</p> <p><b>Hospital switchboard:</b>          01344 623333  <b>Website:</b> www.fhft.nhs.uk</p>	<p><b>Frimley Health NHS Foundation Trust</b>  <b>Wexham Park Hospital</b>          Wexham          Slough          Berkshire          SL2 4HL</p> <p><b>Hospital switchboard:</b>          01753 633000  <b>Website:</b> www.fhft.nhs.uk</p>
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**Legal Notice**

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

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