

DIGESTIVE DISEASE & ENDOSCOPY CENTER

Hemorrhoid Banding Preparation Instructions

Please follow your physicians specific instructions carefully to ensure a successful prep.

Appointment Date: _____

Check-In time: _____

Seven (7) Days Prior to Procedure ____/____	Three (3) Days Prior to Procedure ____/____	Day of Procedure ____/____
<p>STOP taking blood thinners, Iron, Fiber and Fish Oil supplements.. Continue your other medications.</p> <p>If you take Aspirin due to a heart problem, stroke, heart attack, blood clots (lung or leg) or other vascular problem DO NOT stop taking Aspirin.</p> <p>CANCELLATIONS: If you need to cancel or reschedule your procedure, please call our office (360) 479-1952 Ext. 122</p>	<p>STOP Arthritis Pills, Anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen.</p> <p>Do not stop Prednisone.</p>	<p>No bowel preparation is required</p> <p>Bring Photo ID, Insurance Cards,</p>

CRH-O'REGAN DISPOSIBLE HEMORRHOID BANDING PROCEDURE FOLLOW UP CARE

1. The procedure places a small rubber band around a portion of one of the hemorrhoids in each session. As we have 3 hemorrhoids, there are usually 2 banding sessions required at 2 week intervals, and in some cases, a final check up a few weeks later.
2. The procedure you have had is relatively painless since the banding of the area involved does not have nerve endings and there is no pain sensation. The rubber band cuts off the blood supply to the hemorrhoid and the band may fall off as soon as 48 hours after banding. (the band may officially be seen in the toilet bowl following a bowel movement.) you may notice a feeling of pressure or fullness, which should respond adequately to plain Tylenol and Motrin.
3. Following the banding, rest at home that evening and resume full activity the next day. A sitz bath (soaking in warm tub) or bidet is useful for cleansing the area and is very soothing.
4. To avoid constipation, take two tablespoons of natural wheat bran, natural oat bran, flax, Benefiber or any over the counter fiber supplement with 7-8 glasses of water.
5. Unless you have been prescribed anorectal medication, do not put anything inside your rectum for two weeks: No suppositories, enemas, fingers or other devices.
6. Occasionally, you may have more bleeding than usual after the banding procedure. This is often from the untreated hemorrhoids rather than the treated one. Don't be concerned if there is a tablespoon or so of blood. If there is more blood than this, lie flat with your bottom higher than your head and apply an ice pack to the area. If the bleeding does not stop within a half an hour and you feel faint, call our office at (360) 479-1952 or go the emergency room.
7. Problems are not common after this procedure, however if there is a substantial amount of bleeding, severe pain, chills, fever or difficulty passing urine, (very rare) or other problems, you should call us at (360) 479-1952 or report to the nearest emergency room.
8. For the first few days after a treatment, try not to stay seated for more than 2-3 hours at a time, and if driving long distances, take frequent breaks in order to stretch your legs" during that time.
9. If you are traveling out of the country or by airplane, take your fiber supplement with you along with plenty of water. Do not drink alcohol on the flight as this tends to cause dehydration. Walk about every hour for a few minutes.
10. Do not spend more than a few minutes on the toilet if you cannot empty your bowel; instead re-visit the toilet at a later time.