



Intus

Digestive and Colorectal Care

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Rubber band ligation of haemorrhoids

This is an effective and simple method for treating the less severe, internal haemorrhoids. A small rubber band is stretched over the haemorrhoid and released to tighten around its base, strangling it so that it drops off in 2 to 5 days.

The procedure only takes a few minutes and is done in the Rooms. It does not require any bowel preparation.

Rubber band ligation may make you feel a little faint or light-headed after a few minutes, so you should stay in the rooms for 20-30 minutes afterwards. You may feel some discomfort or a dull ache which will last for about 48 hours. Very occasionally the band produces severe pain, in which case it will be removed immediately.

Paracetamol is often given at the time of the procedure. You can continue to take paracetamol 4-6 hourly.

Paracetamol and/or relaxing in a warm bath is soothing for any pain or discomfort afterwards. No special diet is necessary, but it is important to keep your bowel motions soft and regular.

Avoid strenuous activities for two days.

A small amount of bleeding can be expected when the haemorrhoid drops off. If you experience continual oozing or dripping of blood, contact your surgeon.

Rarely (1 person in 100,000) severe infection can occur. If you suddenly feel unwell with any of the following:

- Fever
- Shivering
- Severe anal pain

seek medical help **IMMEDIATELY**. This is most important, regardless of the time of day or night because treatment with antibiotics is of the utmost urgency.

If you have any queries, please do not hesitate to contact:
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