



Procedure Information

Haemorrhoid Banding

Introduction

Haemorrhoids occur when vasculatures in the anal canal becomes swollen. The exact cause is unknown, but haemorrhoids are strongly associated with constipation, pregnancy, aging and genetic factors. Typical symptoms include rectal bleeding, pain and prolapse.

Haemorrhoids can be classified as internal and external. Internal haemorrhoids are located in the anal canal while external haemorrhoids are located on the outer edge of the anus. Mild internal haemorrhoids could be treated by rubber band ligation (banding) by cuts off the blood supply to the haemorrhoid to make it shrink and drop off. Banding can be performed without anaesthesia.

Outcomes

The expected outcomes of this procedure are to treat symptoms due to haemorrhoid. It aims to relieve discomfort, pain and prevent bleeding. The haemorrhoid will be shriveled and dropped off.

Procedures

1. The doctor inserts a protoscope through anus to view and locate haemorrhoids.
2. A rubber band will be placed around the base of the haemorrhoid to induce ischemia in the haemorrhoid. Several haemorrhoids might be treated at one time.
3. The procedure is simple and lasts for about 10 minutes.

Possible Risks and Complications

1. Wound infection
2. Wound bleeding
3. Difficulty of urination

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all procedures are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising.

Pre-procedure Preparations

The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.

Advice on Discharge

1. Though pain may be experienced, most people can resume daily activities immediately afterwards.
2. You may feel some anal distension and ***a sense of incomplete bowel emptying***. Painkiller could relieve the sensation. It usually takes 2-3 days to resolve. Remember not to force bowel movements.
3. You can shower normally. Please keep the anal area clean and dry.
4. Mild bleeding is normal when the haemorrhoid shrinks and falls off.
5. You are advised to maintain a balanced diet. Drink adequate fluid and have a high-fibre diet to avoid constipation. Avoid consuming irritating foods such as spicy foods which may induce discomfort during defecation.
6. Immediately consult your doctor or return to the hospital for professional attention in the event of severe anal or rectal discomfort, heavy rectal bleeding, difficulty in urination, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
7. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification