

# After your haemorrhoid banding

Your haemorrhoids have been treated by rubber band ligation. This means a small rubber band has been placed around the base of each haemorrhoid. This band will cut off the blood supply to haemorrhoid, making it fall off 3 to 10 days after your procedure. You may notice when this happens. No other follow up is usually needed.

After your procedure, you may have some side effects. These might include:

- some light bleeding for 1 to 2 weeks. This is normal.
- anal discomfort for a few days. You can help this feel better by taking the pain relief tablets we prescribe you. You can also take warm salt baths as often as you need. (Add about 2 cups of Epsom salts to a bath tub half full of water).

We suggest you eat a high fibre diet, or add a fibre product to your diet. This will help you avoid becoming constipated. You should continue this for 1 week.

It is also a good idea to avoid strenuous activities for 1 to 2 weeks after your procedure.

**Seek medical advice** from your GP or Emergency Department if you:

- have a fever (temperature over 38 C),
- lose a large amount of blood when you go to the toilet (a cup or more),
- find it hard to pass urine,
- your anus swells.

## Contact Details

If you have urgent concerns and it is after business hours, go to the Emergency Department of the nearest public hospital. Take these instructions and a copy of your report with you (if you have it). You can also phone the Canberra Hospital on (02) 6244 2222 and ask for the Emergency Department.

During normal working hours, contact the Endoscopy Unit on (02) 6244 3970.

If you need to see your GP or go to a hospital because of complications or side effects from your procedure, it is very important that you tell the Gastroenterology and Hepatology Unit on (02) 6244 3970 as soon as you can.

If you have any concerns or questions that are not urgent, please contact your GP.

## Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

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