

Banding of Haemorrhoids (Piles) - Outpatients

Discharge advice

Information for patients

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

You have had a banding of haemorrhoids (piles) procedure. This leaflet tells you what to expect and who to contact if you have any questions when you go home.

How will I feel when I get home?

You may have some discomfort for 1 - 7 days after this procedure. This can be relieved by having a warm bath and taking painkillers, for example, paracetamol. **Do not** take painkillers containing codeine as these can cause constipation. You should always follow the instructions provided in the leaflet supplied with your tablets.

If you have:

- increased pain
- bleeding or discharge from your rectum (back passage)
- difficulty passing urine
- swelling in your rectum

you should contact your GP.

If you have an urgent problem the night after your procedure you can contact the Accident and Emergency Department (A&E) at your local hospital for advice.

Will I have a wound or dressing?

One or more haemorrhoids will have been banded (a special rubber band placed round the base of your haemorrhoid) during your procedure. Over the next 3 - 10 days the blood supply to the haemorrhoid will be reduced so it will shrink and fall away. When the haemorrhoid falls away you will have a small wound near your anus (opening of your back passage) or inside your rectum, depending whether your haemorrhoids were internal or external. The area does not need a dressing.

It is important to keep the area clean by bathing once or twice a day and also by washing the area after having your bowels opened. You should not add any products, for example, bath foam or oils to your bath water.

Can I eat and drink normally?

Yes, you can eat and drink as normal but it is important you do not become constipated and need to strain to have your bowels opened. Try to include foods high in fibre in your diet, for example, wholemeal bread, wholegrain cereals (Weetabix, Shredded Wheat or Bran Flakes), and eat more fruit and vegetables.

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What will happen when I go to the toilet?

You will probably have your first bowel motion about 2 days after your haemorrhoid banding. It may feel quiet tender as you open your bowels and there may be a little bleeding. Try not to force the motion. It is important to clean the area by washing after having your bowels opened.

What happens to the rubber band?

You may notice some of the bands being passed in your stool (faeces, poo), and sometimes a little bleeding may also occur as a band is passed. This is nothing to worry about.

When can I return to my normal activities and work?

You can usually return to all your normal activities and work straight away, or as soon as you feel well enough.

Will I need to return to the hospital?

Your nurse will tell you if you need to be seen again in the Outpatient Department and if so will ask you to make an appointment before you go home. If you have any worries please contact the Outpatient Department or your GP.

Contact numbers

If you need further advice, or have any problems, please contact the appropriate Outpatient Department at either:

University Hospital of North Tees

Outpatient Department

telephone: 01642 617617, extension 24172
Monday – Friday, 9.00am – 5.00pm

Accident and Emergency Department

telephone: 01642 382899
24 hours a day, 7 days a week

University Hospital of Hartlepool

Outpatient Department

telephone: 01429 522580
Monday – Friday, 9.00am – 5.00pm

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This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: patientinformation@nth.nhs.uk.

Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719

Monday – Friday, 9.00 am – 4.00 pm

Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084

Mobile: (can use text): 0779 561 883

Email: patientexperience@nth.nhs.uk

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617

24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30 pm – 4.30 pm.

North East NHS Independent Complaints Advocacy (ICA) is an independent organisation able to provide support and advice to anyone who wishes to make a complaint about their NHS treatment.

ICA can be contacted by telephoning: 0808 802 3000 or visit the website at: www.nenhscomplaintsadvocacy.co.uk

Data Protection and use of patient information

The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Head of Communications.

telephone: 01642 624339 or www.dataprotection.gov.uk

University Hospital of North Tees, Hardwick, Stockton-on-Tees. TS19 8PE
University Hospital of Hartlepool, Holdforth Road, Hartlepool. TS24 9AH

Telephone: 01642 617617

Fax: 01642 624089