

What are haemorrhoids?

Haemorrhoids are excess tissue in the anal canal (Lower bowel) composed of swollen veins and anal canal lining. The normal anal canal has veins underneath its lining but when these become swollen and / or move outside the anal canal they can cause symptoms of pain, bleeding and itching.

What is banding?

Banding is an outpatient treatment for haemorrhoids. It involves a very tight elastic band being placed around the base of your haemorrhoids (excess tissue) to cut off their blood supply. This results in a shrivelling up of the excess tissue which then dies and passes out of your bowel. It is unlikely that you will see this happen. The bowel lining then heals over a period of 2 - 3 weeks.

Pain relief

After banding you will have some discomfort. This can last for up to 2 weeks but this does vary between different people. In the first couple of days you should take Paracetamol as instructed on the tablet box or as required.

If you have severe anal or rectal discomfort please contact your GP or After-hours medical centre.

Bleeding

It is common to have some bleeding as the haemorrhoid separates from your body. This is no cause for concern and should gradually dry up over a few days.

If you have a lot of bleeding at any time after you have had banding you should urgently contact your GP or After-hours medical centre.

How long will I need to have off work?

Banding is an outpatient procedure and you should be able to return to work the same day. It is common to feel as though you want to have a bowel motion after banding. Try to not have a bowel motion

for a couple of hours after banding as this could cause the bands to come off.

Further information

If you do have any other questions please ask your consultant or the clinic nurse. You may find these websites helpful:

www.cssa.org.au

www.fascrs.org

www.acpgbi.org.uk

Contact details

If you have any concerns or questions following discharge from hospital, please contact your own family doctor (GP) or one of the After hours medical centres. If they have any concerns they will contact the hospital.

After hours medical centres

Kenepuru Hospital Accident & Medical
Open 24hrs a day everyday (04) 918 2300

Paraparaumu -Team Medical Coastlands Shoppingtown
Open 8am -10pm everyday. (04) 298 2228

Waikanae

Mon-Thurs 7pm-8am, Fri 5pm-8am, and at anytime during weekends or Public Holidays (04) 293 6002

Accident & Urgent Medical Centre - Wellington

Open 8am-11pm every day. No appointment necessary. (04) 384 4944

Healthline

If you are unsure if you need to visit your GP or After hours medical centre you may wish to call Healthline for free advice. Call free anytime on 0800 611 116.