

Treating a hemorrhoid with rubber bands

Hemorrhoid ligation



Your doctor has talked with you about this treatment. This fact sheet explains what it is and what precautions you should take afterwards.

Why would I need this treatment?

The rectum is the last part of the large intestine, just before the anus. Where the rectum meets the anus, you have veins that are swollen because of heavy blood pressure. Each swollen vein forms a small pouch called a **hemorrhoid**.

Sometimes the hemorrhoid goes unnoticed.

In other people, it can cause symptoms such as:

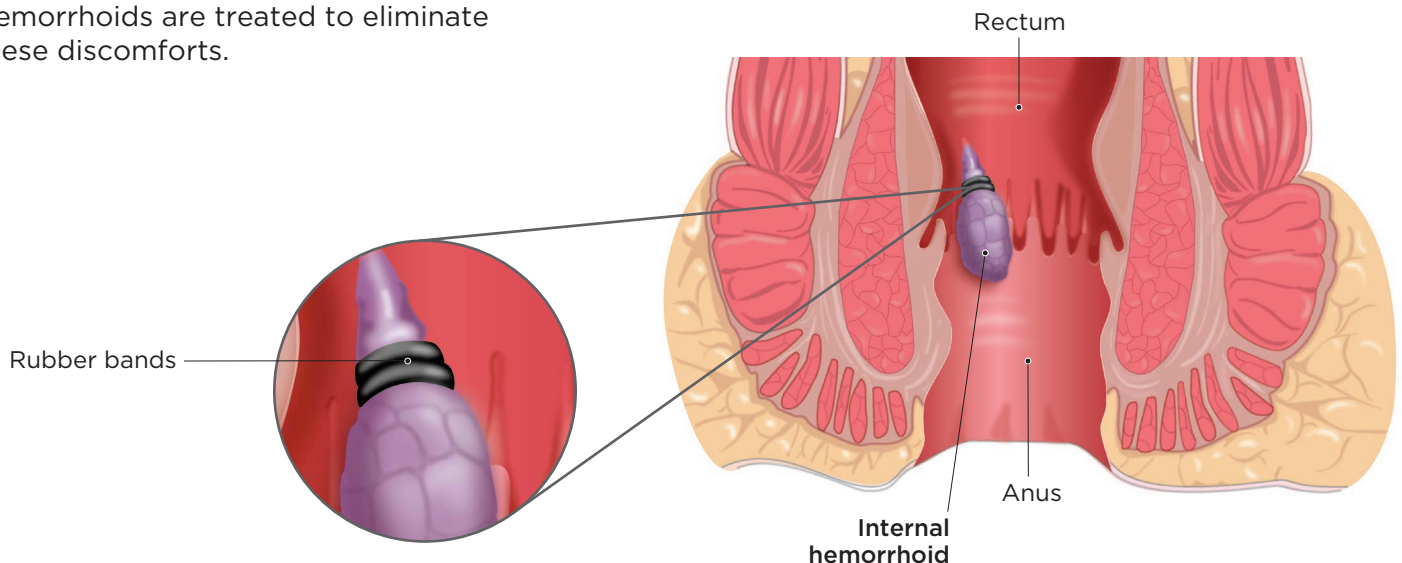
- light red blood in the stool, on the toilet paper, or seeping after passing stool
- discharge from the anus
- pressure or a feeling of a lump in the anal area

Hemorrhoids are treated to eliminate these discomforts.

What does this treatment involve?

Using an instrument, the doctor places 2 small rubber bands around the hemorrhoid. These rubber bands close it off and prevent blood from entering. This deprives it of oxygen and causes it to die. It falls off by itself in 2 to 5 days. It is then eliminated with the stool, along with the rubber bands. You will expel it all without noticing it.

Even if you have several hemorrhoids, as is often the case, only one can be treated at the first appointment. If everything goes well, several others can be treated together the next time.





CAUTION

Rubber bands can only be used to treat hemorrhoids inside the rectum (internal hemorrhoids). Those outside the anus need to be treated with a different type of intervention.

How do I prepare for it?

If you're taking medications that make your blood thinner (anticoagulants), your doctor will tell you if you need to stop them before treatment. There is nothing else to do to prepare.

What should I expect AFTER the treatment?

You may have pain in the anal area for the first 48 hours. To relieve the pain, it's recommended that you take:

- acetaminophen (Tylenol)
- a warm water bath

You'll be able to have a bowel movement as usual. However, you may have discomfort for 1 to 3 days. You may also have some blood in your stool. This is normal.

Are there any precautions to take AFTER the treatment?

For the first 10 days, avoid becoming constipated. Here's how.

- Drink 6 to 8 glasses of liquid a day, unless your doctor advises otherwise.
- Eat high-fibre foods such as prunes, dates, grapes, whole-grain breads or pasta, fruits, and vegetables.

For more information, see the health fact sheet [**Des moyens pour combattre la constipation.**](#) (French only).

What signs should I watch for?

Call a CHUM nurse immediately at 514-890-8086 if you have any of the following signs within 24 to 48 hours of treatment:

- pain that is not relieved by medication or that becomes stronger
- difficulty urinating
- a fever higher than 38.5°C (101.3°F)

This CHUM support service is available 7 days a week, 24 hours a day. When you call, be sure to have your health insurance (RAMQ) card on hand.

What should I do if I need to cancel or postpone my appointment?

Call the CHUM appointment centre.

 **514-890-8051**

Who can I contact for help or to ask questions?

Call the CHUM surgery clinic.

 **514-890-8478**

Business hours are Monday to Friday, from 8:00 a.m. to 4:00 p.m.

After the treatment, for any question related to your health, you can call a CHUM nurse.

 **514-890-8086**



USEFUL RESOURCES

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online.
[**chumontreal.qc.ca/fiches-sante**](http://chumontreal.qc.ca/fiches-sante)

The content of this document in no way replaces the advice of your healthcare professional.

To find out more about the Centre hospitalier de l'Université de Montréal
[**chumontreal.qc.ca**](http://chumontreal.qc.ca)