**Haemorrhoid Banding**

What is Banding?

If the main symptom from internal haemorrhoids is bleeding then banding may be helpful. This is done using a scope, either in the rooms or at the time of your day procedure sigmoidoscopy/colonoscopy. A special device is used to place a small band around the haemorrhoid. The area then scars and the band and haemorrhoid pass with a motion, often without being noticed, sometime in the next week.

What to expect afterwards?

You may have some discomfort the first 24 hours. Often you have the feeling you need to go to the toilet but there is nothing there (it is a false urge because of the band). This can be disconcerting but usually settles overnight. In a small number of people, pain develops which may persist for the week.

What can I do to relieve these symptoms?

Paracetamol and anti-inflammatory medications (such as Voltaren/Diclofenac/Nurofen) often help. Occasionally stronger pain tablets are needed but these can lead to constipation so it is best not to take too many. You may be given stronger tablets to take home if it is considered necessary. Sometimes a warm bath, with salt if available, is soothing.

What not to do.

Do not strain as it may cause the band to dislodge or bleeding to occur.

Do not use applicators or creams to the anus.

Avoid strenuous exercise for the rest of the day

You can bath or shower as normal

What if it bleeds?

A small amount of bleeding is not unexpected especially when you have your bowels open and around the time the band falls off. This may be on the stool or paper or even a small amount into the toilet bowl. Very rarely there is a more major bleed. If you see a lot of fresh blood or clots, you should seek medical attention.

How successful is the procedure?

When combined with other measures to keep the bowel motion soft, the bleeding will often settle.

Usually only 2 or 3 areas can be banded at a time and the procedure can be repeated if required.

If the bleeding fails to settle or returns in the future, it is always worth seeing your surgeon to make sure there is no other cause and if not, to discuss other management for haemorrhoids.

How can I stop them coming back?

It is wise to follow a high fibre diet and drink adequate water. Taking a regular fibre supplement can be helpful. If your motion is still hard then laxatives may be required and it is worthwhile discussing this with your surgeon to decide which are best especially if you may need then longer term.