

Haemorrhoidal Banding: Patient Information

What is haemorrhoidal banding?

Haemorrhoids are most common reason for rectal bleeding and Haemorrhoid banding, also referred to as 'rubber band ligation' is most common (when other treatments have not worked) and an effective alternative to surgery for internal haemorrhoids. People who undergo this procedure have up-to 80% a successful outcome

How is it performed?

Since this procedure is performed during colonoscopy or flexible sigmoidoscopy, no additional preparation is required. A small device called proctoscope is used (after endoscopic procedure) to identify the haemorrhoids. Small rubber bands are applied at the base of haemorrhoids to cut off the blood supply which leads hemorrhoids to shrink and fall off naturally within a week.

What happens after haemorrhoidal banding?

- You may experience some feelings of tightness afterwards which may last for few days. Severe pain is uncommon as bands are applied inside rectum (above the skin).
- Pain relief and Warm 'sit' baths may be needed for up to 72 hours after the procedure.
- Some bleeding may also occur when the rubber bands fall off, which is normal.
- You may return to normal activity straight away, although it is often advisable to rest up for 2-3 days and No heavy work or heavy lifting should be undertaken for two weeks after the procedure.
- Avoid aspirin (unless prescribed) and non-steroidal anti inflammatory drugs during the recovery period to reduce the risk of bleeding.
- Strong laxatives in particular enemas and suppositories should be avoided but it is a good idea to follow a high fibre diet and drink plenty of fluids (and gentle laxatives) to ensure soft stools as straining and constipation after the procedure can cause haemorrhoids to return.

What are the risks or side-effects?

Although its rare but severe pain, bleeding, local infection and urinary retention may happen.

NB: If you are on strong blood thinning agents. you will be advised to how long these medication need to be stopped before or after the procedure.

Who can I contact if I have any questions?

If you have any questions or need advice please contact us using the contact details above