

Rubber band ligation of haemorrhoids

Endoscopy Department Patient information

Advice for patients and carers following banding of haemorrhoids:

You have had your haemorrhoid(s) treated with rubber band ligation. This is an effective form of treatment which often gives good long-term results. The haemorrhoid is drawn into an applicator tube using suction or forceps, and a small rubber band is applied over the haemorrhoid and left in place. The band cuts off the blood flow to the haemorrhoid tissue and causes it to drop off, usually within three to seven days. During this time it is common to feel some discomfort at the site, and taking simple painkillers such as paracetamol can help. It is normal to experience a small amount of bleeding, especially when you open your bowels, and when the haemorrhoid drops off. About 1 in 50 people will experience some bleeding approximately 10 days after banding.

After banding you should:

- try not to pass stool for six to 12 hours, if possible
- avoid strenuous exercise for the rest of the day
- avoid using applicators to apply cream into the anus for 48 hours
- eat plenty of fibre and drink plenty of fluid to avoid constipation
- you can bathe or shower as you wish

There is a small risk of infection or ulcers forming at the healing site. If you are concerned contact your GP who can provide support and advice about how to manage these problems.

The Endoscopy Department is open from 8am - 6.30pm, Monday to Friday.

If you need advice and support after treatment, call [0300 019 4668](tel:0300 019 4668).

You should seek advice immediately at the Emergency Department if you experience major bleeding or severe pain following rubber band ligation.

Preventing haemorrhoids from developing in the future

Haemorrhoids develop as a result of increased pressure on the affected area. You can reduce the risk of developing haemorrhoids by avoiding constipation, increasing your intake of fibre and drinking more fluid to make your stool softer and easier to pass. You should avoid straining or sitting on the toilet for long periods.

Avoid medicines which can cause constipation. Taking fibre supplements such as Fybogel, or stool softeners can help. You should discuss this with your GP or Pharmacist.

If you need advice and support after treatment, call:

Royal Bournemouth Hospital Endoscopy Department:

0300 019 4668/ 4908 (Monday to Friday, 8am - 6pm)

Poole Hospital Endoscopy Department:

0300 019 2772 (Monday to Friday, 8am - 6 pm)

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW
Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Mr Salman Heydari and Andreea Cata**

Date: **September 2022** Version: **Five** Review date: **September 2025** Ref: **055/22**

w: www.uhd.nhs.uk



@UHD_NHS



@UHDTrust



@uhd_nhs