

Name: _____

What are Hemorrhoids?

Hemorrhoids are clumps of tissue in the anal canal that contain blood vessels. Everyone has hemorrhoids, but problems occur when the veins become swollen.

What causes hemorrhoids?

- Constipation
- Diarrhea
- Pregnancy

If not treated, hemorrhoids can cause:

- Itching that does not go away
- Pain especially during a bowel movement
- Bleeding from your rectum
- An infection

How are Hemorrhoids treated?

Minor cases:

Make life style changes to avoid constipation by:

- Eating more fiber (fruit, vegetables, whole wheat foods)
- Drinking 10-12 cups of fluid each day
- Exercising regularly
- Taking laxatives or stool softeners when needed

Self-care for minor symptoms:

- Apply a cold compress or ice pack
- Sit in a warm bath
- Ask your pharmacist or doctor about creams and suppositories

If life style changes and self care do not work your doctor may recommend:

Banding: a small rubber band is placed at the base of the hemorrhoid, cutting off the blood supply.

- the tissue that is banded falls off in about 24-48 hours
- it looks like a raisin

or

Sclerotherapy: a medication is injected around the blood vessel to shrink the hemorrhoid.

Are the procedures painful?

- You may feel some pain in your rectum:
- Take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to take them
- Be sure to follow the instructions on the medicine bottle
- Soaking in a warm bathtub will help the pain

Notify your doctor if you have:

- A fever over 38° C or 100.4° F
- Increased bleeding from your rectum
- Severe rectal pain
- No bowel movement for 3-5 days

Questions or Concerns:

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

In an Emergency: Call 911 or go to the hospital emergency room