

**Patient  
Information**

# Discharge advice following banding of piles

## Introduction

This leaflet gives you information about piles (haemorrhoids) and advice following banding of piles.

## What are piles?

Piles are soft fleshy lumps just inside your back passage. They have a rich blood supply and bleed easily, usually causing fresh bright-red bleeding following a bowel movement. They can be internal (inside your bottom) or protrude through your anus (outside your bottom).

## Treatment

Piles have no nerve endings in their upper part (which is the part most affected), so they can be treated without anaesthetic. The technique of banding involves applying a tight elastic band around the pile which cuts off its blood supply. Banding will cause the pile to 'shrink and die' then fall off with the band within 10 to 14 days.

The banding only takes a few minutes to perform and is not painful.

Having your piles banded does not mean that they will never come back but you can try to avoid this by not straining when you open your bowels. Try to go to the toilet when you feel the urge rather than putting it off because you are busy. You should also make sure that you eat a healthy diet and drink plenty of water.

## Risks

The main risk from banding is bleeding. A small amount of bleeding is normal, especially after a bowel movement. If the bleeding is heavy and does not stop, you will need to seek medical advice. Please see the section further on in this leaflet for information about when to seek advice.

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Department

**Endoscopy**

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## Patient Information

Following treatment you should avoid strenuous exercise, such as jogging or riding a bike for the rest of the day.

**You will not be able to travel by air for at least 3 weeks following the banding procedure.**

### Medication

You can take your usual prescribed medications when they are next due unless otherwise stated by the Endoscopist or discharging nurse. For people taking blood thinning medications (anticoagulants) separate advice will be given.

### After effects

- You may experience a dull ache for about 5 hours after the procedure. Pain relief such as paracetamol will help with this. Please follow the instructions within the packet.
- You may experience a feeling of urgency to open your bowels. This is normal and usually settles within 24 hours. It is important not to strain when you go to the toilet as this could cause the bands to pop off.
- You may notice a small amount of bleeding over the next couple of days when you have your bowels open. This is normal and should settle.

### What happens next?

- A report will be sent to your GP.
- If a consultant follow up is needed you will receive an appointment letter in the post.

### When to seek advice

Banding of haemorrhoids is very safe and carries few risks but complications do occasionally occur. If you experience any of the following, please contact the Endoscopy Unit where you had your procedure.

- Severe bleeding from your bottom.
- Increasing pain, swelling or discharge from your bottom.
- Difficulty passing urine.
- High temperature (fever) or you feel generally unwell.

## Patient Information

If you experience a lot of bleeding that does not stop, or if you feel unwell, feverish and have severe pain, please phone 999 or go to your nearest Accident & Emergency Department and explain that you have had your piles banded.

If you have any concerns, please contact one of the following for advice:

- Endoscopy Unit where you were treated
- Your GP
- NHS 111

## Contact information

### Endoscopy Units

#### Gloucestershire Royal Hospital

Tel: 0300 422 8222

Monday to Friday, 8:00 am to 6:00 pm

#### Cheltenham General Hospital

Tel: 0300 422 3370

Monday to Friday, 8:00 am to 6:00 pm

#### Cirencester Hospital

Tel: 0300 421 6294

Monday to Friday, 8:00 am to 6:00 pm

#### Stroud Hospital

Tel: 0300 421 8073

Monday to Friday, 8:00 am to 6:00 pm

Between 6:00pm and 8:00am you should contact the:

#### Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted please ask for the operator. Ask the operator to contact the Site Management Team. The operator will then contact a Senior Nurse who will be able to advise you.

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## Feedback

To help the Endoscopy Department understand what is important to you and how we can improve our service, we would appreciate if you would take the time to complete a feedback survey.

All responses will be anonymous and any information provided will be used sensitively and stored securely.

To access the survey, please use the QR code below or type the 'case sensitive' link into your internet browser.



<https://bit.ly/3MHOXIG>

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