

Discharge advice following banding of piles (haemorrhoids)

Introduction

This leaflet gives you information on care following banding of piles.

About piles

Piles are not the result of varicose vein changes as many think, but simply the displacement of pads of normal spongy tissue present in the anal canal (they assist closure). The pads are prone to being torn from their moorings and becoming very bulky. They then bleed, and/or protrude (bulge) from the anus.

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 strangulates the piles with a small black rubber O-ring. The procedure is a bit uncomfortable and you may experience some pain during and following the banding.

Pain often develops later but usually settles in a few hours or at the most in a day or two. Often there is a sensation of needing to open your bowels. This can last for a few hours after the bands have been applied.

Please be aware that this is a false signal which should be ignored as it will settle. On occasions some patients experience a lot of discomfort for several days after the banding procedure; however this will get better by itself.

Complications

The only worrying complication is bleeding from the tiny ulcer created by the banding when the scab comes away, between 1 and 3 weeks.

Reference No.

GHPI1521_02_20

Department

Endoscopy

Review due

June 2022

Patient Information

Please see below for information on when to seek advice.

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.

Medication

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

After effects

You may experience the following:

- A bloated, windy feeling – moving around may help to relieve this

What happens next?

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

A member of the nursing team will have explained to you what has been done today and any further tests that you may need.

When to seek advice

- Severe pain in the neck, chest or abdomen
- Repeated vomiting, bleeding or passing black tarry stools
- Abdominal distension (expansion of the abdominal region)
- High temperature (fever) or you feel generally unwell
- Disorientation (feeling lost or confused)

If any of the above are not relieved by simple pain relief such as paracetamol please contact the Endoscopy Unit.

**Patient
Information**

Endoscopy Unit

Gloucestershire Royal Hospital

Tel: 0300 422 8222

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

Cheltenham General Hospital

Tel: 0300 422 3370

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

Cirencester Hospital

Tel: 0300 421 6294

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

Stroud Hospital

Tel: 0300 421 8073

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

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

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

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

Alternately you can contact NHS 111 for advice.

NHS 111

Tel 111

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