

# Gastro Health - Olympia

GastroHealth.com/Olympia

## CRH-O'REGAN™ HEMORRHOID BANDING PREPARATION AND FOLLOW UP CARE INSTRUCTIONS

Appointment Day \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_ am/pm Doctor \_\_\_\_\_

Facility: Gastroenterology Associates, 209 Lilly Road NE, Olympia, WA 98506 | Phone 360.413.8250

### Your Examination

The procedure places a rubber (or latex free) band over one hemorrhoid each session. There are usually 3 banding sessions required at 2-week intervals with a final check-up a few weeks later. **No bowel preparation is required.**

### Important Information

Please read this information so you will be prepared for your examination.

SEVEN (7) DAYS BEFORE	THREE (3) DAYS BEFORE	DAY OF PROCEDURE
<b>Regarding Aspirin:</b> If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do <b>NOT</b> stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do <b>STOP</b> it for this procedure.	Stop anti-inflammatory medications (including those taken for arthritis) such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn and Relafen.  Do <b>NOT</b> stop taking Prednisone.	Bring insurance card(s), copay (if required) and driver's license or photo ID.  Do <b>NOT</b> smoke the day of your procedure.
<p style="text-align: center;"><b>Follow Up Care</b></p> <ol style="list-style-type: none"><li>1. The procedure you have had is relatively painless since the banding of the area involved does not have nerve endings and there is no pain sensation. The band cuts off the blood supply to the hemorrhoid, the band and hemorrhoid generally fall off within 48 hours. (The band can usually be seen in the toilet bowel following a bowel movement). You may notice a feeling of fullness in the lower bowel passage, which should respond adequately to plain acetaminophen or ibuprofen.</li><li>2. Following the banding, rest at home that evening and resume full activity the next day. No strenuous exercise on the day of the procedure. A sitz bath (soaking in a warm tub) may be useful for post-procedure discomfort or spasm.</li><li>3. To avoid constipation, take natural wheat bran, natural oat bran, flax, Benefiber or any over-the-counter fiber supplement with fluid as directed by the manufacturer. A total of 7-8 glasses of water should be consumed per day.</li><li>4. Unless you have been prescribed anorectal medication, do not put anything inside your rectum for two weeks. No suppositories, enemas, fingers or other devices.</li><li>5. Occasionally, you may have more bleeding than usual after the banding procedure. This is often from the untreated hemorrhoids rather than the treated one. Don't be concerned if there is a tablespoon or so of blood. If there is more blood than this, lie flat with your bottom higher than your head. If the bleeding does not stop within a half hour and you feel faint, call our office at 360.413.8250 or go to the nearest Emergency Department.</li><li>6. Problems are not common. However, if there is a substantial amount of bleeding, severe pain, chills, fever or difficulty passing urine (very rare) or other problems, you should call us at 360.413.8250 or go to the nearest Emergency Department.</li><li>7. Do not stay seated for more than 2-3 hours, tighten your buttock muscles 10-15 times every two hours and take 10-15 deep breaths every 1-2 hours for a few days after the procedure.</li><li>8. If you are traveling out of the country or by airplane, take your fiber supplement with you, along with plenty of water. Do not drink alcohol on the flight as this tends to cause dehydration. Walk about every hour for a few minutes.</li><li>9. Do not spend more than a few minutes on the toilet bearing down if you cannot empty your bowel; instead revisit the toilet at a later time.</li></ol>		