



Hemorrhoid Banding

What is the procedure?

Banding of hemorrhoids is a procedure that we can perform in our office. A tiny rubber band is placed around the hemorrhoid. The tight rubber band strangulates the blood supply of the hemorrhoid thereby causing it to shrink in size. As the hemorrhoid shrivels up and falls off in 7 to 10 days. You may notice the small black rubber band in your stools and some minor bleeding.

How is it done?

This is a procedure that is done in the office. The doctor will insert an anoscope into your rectum until it reaches the hemorrhoid. An anoscope is a small tube with a light at the end of it. They will insert a small tool called a ligator through the anoscope. Your doctor will use the ligator to place one or two rubber bands at the base of the hemorrhoid to constrict blood flow. They will repeat this process for any other hemorrhoids.

Preparing for the Procedure

- ✓ Take one fleet enema 1-2 hours prior to the procedure.
- ✓ Do not take any anti-inflammatory medications such as aspirin, Motrin, ibuprofen for 5 days prior.
- ✓ Do not take blood thinners for 5 days prior to banding and for 7 days afterwards unless otherwise instructed.
- ✓ You may use Tylenol for pain or discomfort.

What to expect afterwards?

Expect some pain and discomfort over the next few days. You are encouraged to take a high fiber diet. Use bran, brown bread, vegetables, fruits, beans, and cereal. You may notice some irritation around the anus or mucous or blood. This is normal. It is recommended to take sitz bath or sit in a tub of luke-warm water for 15 minutes about 3 times daily. Take Metamucil and/or Colace (stool softener) for 4 weeks afterwards to avoid constipation or straining.

What to avoid afterwards?

Do not take any anti-inflammatory medications for at least 10 days after the procedure. Avoid strenuous activities, exercising, or heavy lifting for one week. Avoid constipation by consuming Metamucil or a high fiber diet. If you should become constipated take some Senna, Dulcolax laxative tablets, or Miralax which you can purchase over the counter. In extremely rare circumstances if you should develop the following: fever, severe pain, or inability to urinate after the procedure contact your doctor immediately by calling our office.