



Information for  
patients and  
carers

**Discharge Following Rubber Band  
Ligation for Haemorrhoids**

Your haemorrhoids (piles) have been treated by rubber band ligation. This means that a small rubber band has been placed over the base of each pile. The rubber band will cut off the blood supply to the pile. This should then fall off within 5 - 10 days and it will pass when you go to the toilet to open your bowels. You may or may not notice this.

You may see some light bleeding for 4 - 5 days, which is normal. Bleeding risk may increase if you take blood thinning medications (e.g. warfarin, rivaroxaban, apixaban, dabigatran and edoxaban). Your endoscopist may recommend to stop these a few days prior to the procedure.

You may also experience slight discomfort for a few days, and you can take a mild analgesic such as paracetamol (as per instructions) if required. Avoid NSAIDs (e.g. ibuprofen, aspirin, naproxen, diclofenac) as these can increase the risk of bleeding.

During the healing process you should avoid becoming constipated by drinking plenty of water and taking plenty of dietary fibres; this can be done by eating foods such as:

- Wholemeal bread
- Bran
- Fruit
- Vegetables
- Jacket potatoes

If necessary mild laxatives such as Laxido<sup>®</sup> and Fybogel<sup>®</sup> can be used. Use of suppositories should be avoided.

Avoid strenuous activity for 1 - 2 weeks.

In the unlikely event that you have any serious concerns about your health or wellbeing such as:

- Feeling unusually feverish
- Large loss of blood
- Difficulty passing urine
- Swelling of the anus

Please immediately contact:

**Endoscopy - Preston 01772 524958** (08:00 – 18:00 Monday – Friday)

**Endoscopy - Chorley 01257 245649** (08:00 – 18:00 Monday – Friday)

Out of hours please ring **Gastroenterology ward on 01772 522319**

**After 24 hours please contact your GP or local Emergency Department.**

## Contact details

Should you require further advice or information please contact

**Endoscopy - Preston 01772 524958** (08:00 – 18:00 Monday – Friday)

**Endoscopy - Chorley 01257 245649** (08:00 – 18:00 Monday – Friday)

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.gutscharity.org.uk](http://www.gutscharity.org.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

### **Gujarati**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો ફૂપા કરીને પૂછો. આ માહિતી મોટા છપાણા માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

### **Romanian**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.

### **Polish**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

### **Punjabi**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵਿੱਚ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪਿਰੰਟ ਵੱਡੇ ਪਿਰੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

### **Urdu**

اگر آپ کو یہ معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو برائے مہربانی پوچھیں۔ یہ معلومات دوسری زبانوں اور بڑی چھپائی میں بھی دستیاب ہو سکتی ہے

### **Arabic**

إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب. يمكن توفير هذه المعلومات مطبوعة بأحرف كبيرة وبلغات أخرى

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