



Dorset HealthCare
University
NHS Foundation Trust

Haemorrhoids

Information for patients,
relatives and carers

A blue heart-shaped logo containing the text 'Excellence', 'Compassion', and 'Expertise' stacked vertically. 'Excellence' is in green, 'Compassion' is in white, and 'Expertise' is in orange.

Excellence
Compassion
Expertise

What are Haemorrhoids?

Haemorrhoids are commonly known as 'piles'. They are enlarged vascular cushions in the wall of the anus (back passage). They may be internal or protrude at or beyond the anus. Haemorrhoids usually occur due to prolonged constipation. Occasionally they are caused by diarrhoea, pregnancy or reading whilst sitting on the toilet.

The main symptoms are painless bleeding and itching. These usually occur when the bowel is being emptied. Pain is not a common symptom.

Most haemorrhoids requiring treatment can be banded or injected, so that they shrivel and drop off. Occasionally haemorrhoids may need to be surgically removed by having an operation; either as a day case or a few days stay in hospital may be necessary.

Advice to avoid Haemorrhoids recurring

One of the most common causes of haemorrhoids is constipation. This can be avoided by increasing the fibre content of your diet and drinking plenty of clear fluids.

A good way of adding fibre is to have one of the following cereals for breakfast:

- Weetabix, Bran Flakes, Shredded Wheat, Albran

Also, eating plenty of fruit, vegetables and wholemeal bread will help. Here are some examples of how you can improve the fibre content of your meals:

- Banana with your cereal, fresh fruit as a snack between meals.
- Ensure that you have at least 3 helpings of vegetables with your main meal.

- Include fruit in your dessert, for example, fruit yogurt or fruit crumble.

Drinking plenty of clear fluids will also help prevent constipation. Water, squash or other soft drinks are beneficial.

- Take regular daily exercise.
- Avoid straining whilst sitting on the toilet.
- Do not read whilst sitting on the toilet, do what you need to do then get up and go!

Advice following the treatment of Haemorrhoids

You may have had your haemorrhoids treated and in the next few days you may notice some specks of blood when you go to the toilet, but this should not cause you concern. You should inform your Doctor if you experience heavy or persistent bleeding.

When using toilet paper 'dab' gently rather than wipe. It is advisable always to wash the area after opening your bowels. A little lubricant such as Vaseline may be applied gently if you experience any discomfort when emptying your bowels.

You may also experience some discomfort/pain in your back passage due to having your haemorrhoids treated. Take mild painkillers if needed.

If your haemorrhoids have been banded, in approximately 2-5 days the tiny bands will drop off and you may notice some specks of blood. Again, this should not give cause for concern. Any bleeding should stop and your bottom should feel more comfortable within 2-3 weeks.

Further advice

If you would like any further information or if you experience any problems within the first 24 hours after your appointment please contact:

Day surgery unit Swanage Hospital 01929 475008

Admissions office 9- 5 pm 01929 475047

Minor injuries 8- 8 pm 01929 475009

You could also contact your GP

Dorset Out of Hours Medical Service on 111

Poole Hospital A+E 01202 442202 (out of Hours)

Emergency 999

Useful websites

www.patient.co.uk — information on tests procedures

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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