



Banding of Haemorrhoids (Piles) Discharge Information

Introduction

Haemorrhoids (Piles) are a common condition. The common symptoms are bleeding, irritation and tender lumps around the anus. Piles cause trouble when the lining of the lower rectum slips down and is liable to damage when passing a motion. Leakage of mucus from the prolapsed piles causes irritation in the sensitive skin around the anus.

Most patients with symptomatic piles can be treated without needing an operation. One method of treatment is to apply rubber bands to the lining of the rectum and anus just above the pile. This shrinks the pile down and returns it back into the anus where it is less likely to cause trouble.

You have had your haemorrhoids (piles) banded today.

1. The procedure is only slightly painful as the band is applied to the lining of the rectum, you may experience some discomfort for up to 10 days after the procedure, but this will get less each day.
2. You should take a simple painkiller such as paracetamol if the discomfort is troublesome.
3. If you experience pain which gets worse each day, or develop a high temperature you should contact your own doctor for advice.
4. You should be able to have your bowels open entirely normally after the banding. Try to eat a high fibre diet following the procedure. This should include a high fibre breakfast cereal, wholemeal bread and plenty of fresh fruit and vegetables. Drink plenty of fluid with each meal as this will help to keep your motion soft.

Endoscopy Contact Numbers:

Solihull Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm - Excluding Bank holidays **0121 424 5394**

Heartlands Endoscopy Unit

Monday to Friday 8:30 am to 5.30pm - Excluding Bank holidays **0121 424 0438**

Good Hope Hospital - Scoping Suite Treatment Centre

Monday to Friday 8:30 am to 5.30 pm - Excluding Bank holidays **0121 424 9506**

Queen Elizabeth Hospital Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays **0121 371 3833**

Information for Patients

An answer telephone is available for you to leave your name, telephone number and a message. We will return your call.

Bowel Cancer Screening Patients
Monday to Friday 8.00 am to 5.30 pm

0121 424 9174

Or contact your screening nurse directly.

If your call is out of these hours and you require urgent medical advice you can contact one of the following:

- Speak to an Endoscopy Nurse directly – phone 0121 424 2000 and ask to be put through to the Endoscopy Nurse on call
- Your own GP
- NHS Direct – Telephone 0845 4647

PATIENT SATISFACTION SURVEY

Your Feedback is important to us. Please use the QR code below to complete our patient feedback survey, and let us know how we can improve our services for you.



If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk.