

Post- Hemorrhoid Banding Instructions

Take a warm shower or sit in a tub of warm water (sitz bath) three times a day or after bowel movements.

You may feel a constant urge to move your bowels. This is normal and will gradually subside. It is not unusual to pass blood with bowel movements for up to 7-10 days. Keep stools soft by eating a high fiber diet (fresh and dried fruits, vegetables, whole grain bread, and cereal). You can take Metamucil or Citrucel 1-2 times per day and Colace 100 mg twice a day. Ensure you stay hydrated with 8-10 glasses of water per day.

Symptoms to call us about:

- Severe worsening pain
- Fever or chills
- Difficulty passing urine
- Severe rectal bleeding/blood clots

Pain

- Tylenol 650 mg every 4-6 hours or prescribed pain medication
- Avoid taking any medications that may thin the blood (Aspirin or Aspirin containing products, NSAIDS such as Advil, Motrin, etc.) for the next 2 weeks to minimize your risk of bleeding following the procedure.

Please call our office if you have any questions (617)-636-6190