Internal Hemorrhoids
Stanford University Section Of Colon And Rectal Surgery

A hemorrhoid is an enlarged vein in the lining of the anal canal. All people have internal hemorrhoids. When these hemorrhoids become enlarged, they may cause painless rectal bleeding. Swelling of the hemorrhoid may cause it to prolapse (slide out) during a bowel movement.

Treatment
Your physician felt your hemorrhoids required one of the following treatments:

- Barron ligatures (rubber bands)--A rubber band is put around the hemorrhoid, causing it to wither and fall off over a seven- to ten-day period.
- Thermal coagulation--A light source is used to cause a small burn on the surface of the hemorrhoid, causing it to stop bleeding and shrink down to normal size.
- Injection of hemorrhoids--A liquid is injected into the hemorrhoid, stopping the bleeding and preventing it from protruding.
- These treatments are only used for internal hemorrhoids. They would be extremely painful if used for external hemorrhoids.

After Treatment

Symptoms
You may feel mild to moderate pain, a dull ache, or essentially nothing for the first 36 to 48 hours. A sense of urgency to have a bowel movement is normal after these treatments. If discomfort is mild, take over-the-counter medications such as Tylenol® or Advil®. Do not take aspirin or products containing aspirin because they promote bleeding. If your pain is more
severe, you will be given a prescription for pain medicine. Taking warm baths for 15 to 20 minutes will help relieve your discomfort.

Generally it takes two to four treatments three to six weeks apart to get rid of all the prolapsing internal hemorrhoids. Usually only one area, or occasionally two, is treated at a time. Remember that bleeding and prolapse will probably persist until all the hemorrhoids and prolapsing tissue have been treated.

**Diet**

After your treatment, it is important to keep your bowel movements soft and regular. Eat foods high in fiber and drink lots of water (6-8 glasses a day). Continue the fiber supplement recommended by your doctor. Caffeine contributes to constipation so limit your consumption of coffee, tea, colas, and chocolate.

**Activity**

You may continue your normal physical activities. You will be able to drive your car immediately, walk up stairs, and do normal exercise.

**Causes For Concern**

Call the doctor if you have any of the following problems:

- Pain that does not gradually lessen in three days; increasing pain several days after treatment; Tender swelling in the anal area; fever or chills; difficulty urinating; severe constipation (no bowel movement for three days); diarrhea (more than three watery stools within 24 hours); increased bleeding (more than one cupful); three to four large bloody bowel movements within three hours; drainage of pus from the rectum

- If your own doctor is unavailable, the doctor on call is available 24 hours a day, every day of the year. After hours, call any of our offices and the answering service will locate one of our doctors on call. In an emergency try to contact us for advice before you go to the hospital. A telephone call may save you a lot of time, discomfort and expense.

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