



Haemorrhoids (often known as piles) are enlarged and engorged blood vessels in or around the back passage (anus). These may be associated with pain, bleeding itching and sometimes feeling as if a lump is hanging down.

Symptoms:

Pain is not usually present. If present this suggests a thrombosis or a fissure (cut in the back passage).

There may be itching of the area

There may be bleeding from the back passage. This will be bright red blood, not usually mixed in with the motion, but often seen on the toilet paper.

There can be a feeling of something coming down or a bulge in the anus.

Classification of haemorrhoids:

1st degree – usually presents with bleeding only

2nd degree – prolapse which will reduce itself

3rd degree – prolapse which can be pushed back

4th degree – prolapse which can not be pushed back

Causes:

People most at risk of developing haemorrhoids;

Those chronically straining with constipation

After or during pregnancy

Overweight people

People with heavy lifting jobs

Treatment:

It is usually best to treat the haemorrhoids with as little intervention as possible. If the underlying cause is one of constipation then prescribing high fibre diet and laxatives where appropriate would be the treatment of choice. Review back in the clinic in 6 weeks.

Cream or suppositories may be prescribed to reduce itching and discomfort. Using cold compresses may help.

If you do not get better with these approaches on return to the clinic it may be suggested that the haemorrhoids are:

1. Banded – small rubber bands are placed around the haemorrhoids which cause them to shrivel and wither away
2. Injection of the haemorrhoids which has the same effect
3. Or to remove them under general anaesthetic
4. Prevention:
 - Avoid becoming overweight
 - Eat high fibre diet avoid constipation
 - Exercise regularly



INTEGRATED
COLORECTAL
EDUCATION