



## Colon & Rectal Surgery & Colonoscopy

Scheduling: 763-587-7752 • Nurse Line: 763-587-7753 • Fax: 763-587-7075

---

### Banding of Internal Hemorrhoids

Banding is the placement of a small rubber band on an internal hemorrhoid. It is a simple procedure done in the office, usually without major discomfort. It treats the prolapse and bleeding caused by internal hemorrhoids and rectal mucosal prolapse.

There are some patients for whom hemorrhoid banding is not appropriate. Your medical history, medications and present symptoms will determine if hemorrhoid banding can be performed.

The procedure takes minutes and is usually very well tolerated. After the bands are placed it is common to have some discomfort and sensation of pressure for 2-3 days. Bleeding is not uncommon for a short period of time. The band will fall off in approximately five days and comes out with your stool. Although, the bands may fall off as early as the same day. We typically only band one hemorrhoid at a time. Patients can require 1-3 applications, 4 weeks apart from each other.

If you experience severe pain, fever or chills, difficulty urinating, constipation, swelling, bleeding or drainage of pus, please contact our nurse line (763) 587-7753. A simple call can save you a lot of time. **In case of emergency call 911.**

You can have a normal diet and you may have regular bowel movements. General recommendations are a high fiber diet, increased daily fluid intake, and a daily fiber supplement (Metamucil™, Hydrocil™, Benefiber™ etc). One tablespoon in a glass of water every morning. We favor powders over pills.

Even though these conditions are minor, they are best treated by a Board Certified Colon and Rectal Surgeon, an expert in this field.

Please go to our website [www.drisaac.net](http://www.drisaac.net) for more information. Look for patient education and instructions.

---

#### Recommendations:

- Benefiber
- Metamucil
- Benefiber + MiraLax
- Metamucil + MiraLax
- MiraLax

\* Use one tablespoon of the product(s) listed mixed in 8 ounces of water or juice and take once daily.

\* If using a combination regimen, mix one tablespoon of each together in 8 ounces of water or juice.