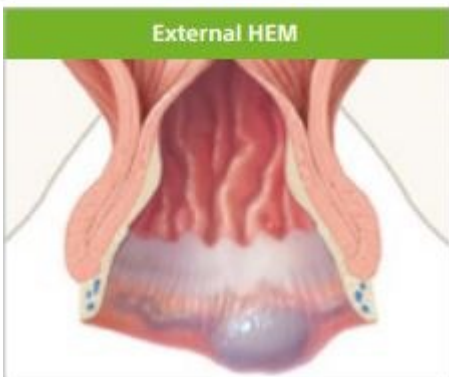


How are hemorrhoids diagnosed?

- Your medical provider will need to examine your rectum and anus with a digital rectal exam and/or anoscopy
- A digital rectal exam is when your doctor will use a gloved finger to assess and insert into the rectum to evaluate for masses or other abnormalities.
- Anoscope is a clear plastic speculum used to visualize the inside of the anus.



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Hemorrhoids: Diagnosis and Treatment Options

What are hemorrhoids?

Hemorrhoids are an abnormal swelling in the blood vessel in the anal canal. They may bleed, itch or cause pain. Hemorrhoids are usually not a sign of anything more serious but should be evaluated by a medical provider.

- Internal hemorrhoids : symptoms are typically painless rectal bleeding while having a bowel movement. They usually do not itch or hurt unless significant swelling causes the hemorrhoid to protrude through the anus.
- External hemorrhoid : symptoms are itching or hurting. They may appear as small lumps. If blood pools in the dilated vein and forms a clot, it is called thrombosed external hemorrhoid, which can be extremely painful.

What are the causes of hemorrhoids?

- Chronic constipation
- Lifting heavy objects
- Aging
- Pregnancy
- Heredity
- Coughing
- Straining during bowel movements
- Spending long periods of time on the toilet

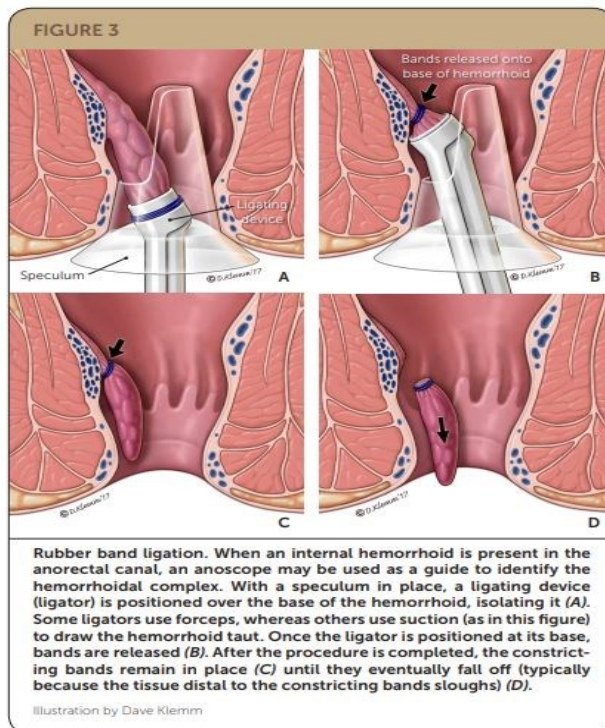
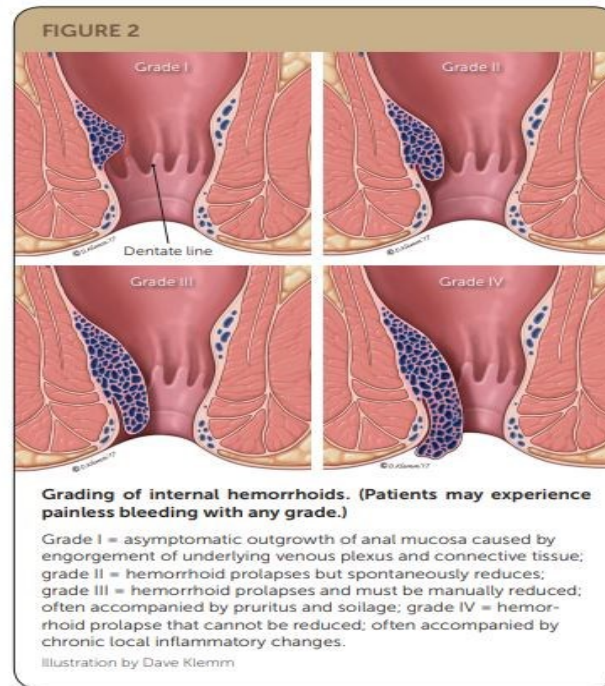


Before trying self treatments, you should see your doctor for an evaluation.

Nonsurgical treatment:

- Sitz bath– soak in warm water 15 minutes 3-4 times a day.
- Toilet Hygiene– shorten length of time on toilet. Using a toilet bidet or wet wipes.
- Dietary changes– Drink adequate water and fiber intake to prevent constipation.
- Medications– Tylenol, Ibuprofen, stool softeners, topical steroid creams.

Mild symptoms can often resolve on their own after two to seven days.



Interventional Hemorrhoid Treatments:

- Rubber band Ligation– Is a treatment option for internal hemorrhoids. A small rubber band is placed around the base of the hemorrhoid to stop the flow of blood so that the hemorrhoid falls off. You may feel a fullness or pressure for two to three days afterward. Your hemorrhoid symptoms may not resolve with one treatment, you may need multiple bandings. This treatment works well on mild internal hemorrhoids that protrude during a bowel movement.
- Hemorrhoid Artery Ligation- Is a treatment option for internal hemorrhoids. This is a surgery performed in the operating room. A Doppler is used to identify the artery. The blood vessel is tied off and the hemorrhoid shrinks, the retracted tissue scars over.
- Hemorrhoidectomy— can be used to treat both internal and external hemorrhoids. This is a surgery performed in the operating room under anesthesia. Is the most permanent solution with good outcomes but is the most painful. It is often used when rubber band ligation is not effective after multiple treatments or repeated thrombosed external hemorrhoids or chronic bleeding.