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PATIENT INSTRUCTIONS FOR HEMORRHOID BANDING PROCEDURE

PRE-PROCEDURAL INSTRUCTIONS

One hour prior to leaving your home for the exam, use one bottle of Fleet Saline Enema (4.5oz) according to the instructions on the box. *Fleet Enema is available in any drugstore without prescription.*

NOTE: This product is for **rectal use only**. Follow all directions on the product package.



- Please continue to take your daily medications as usual.
- It is not necessary to fast for this procedure. You may eat a **light meal** prior to the procedure.
- If you have any questions, please call 408-430-1688. To reschedule or cancel, contact us at least 7 days prior to your procedure. Thank you for your cooperation.

POST-PROCEDURAL INSTRUCTIONS

- Your rectum may feel irritated, and you may feel the need for a bowel movement (BM).
- You may resume your normal diet without restriction.
- You may have BMs as needed with no restrictions.
- When having a BM, try to avoid pushing or sitting on the toilet for extended time.
- Use a warm sitz bath if there are symptoms of local discomfort or mild pain.
- You may take Tylenol (preferred) or Advil (ibuprofen) for mild/moderate pain.
- Take MiraLAX mixed with Optifiber (both available over the counter at Costco or most pharmacies), along with plenty of water each day after dinner to help prevent constipation.
- Contact our office if you feel excessive rectal pain, increased swelling or ongoing bleeding.

**** Please DO NOT bring children to your appointment ****