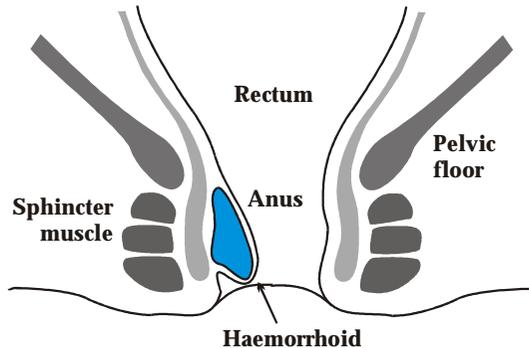


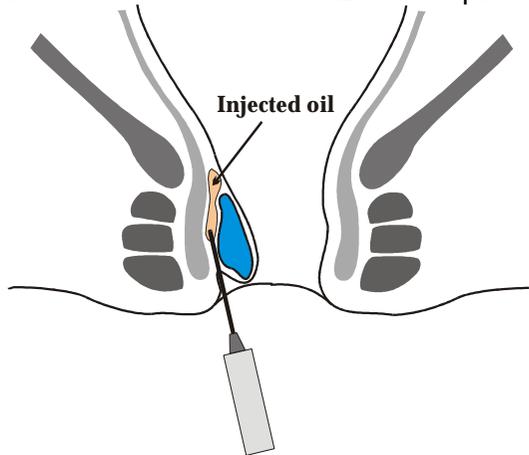
### What are haemorrhoids ('piles')?

The anus (back passage) is normally lined with soft fleshy tissue which is very well supplied with blood vessels. In some cases, often because of problems with passing motions, the blood supply to the anus is increased and the amount of lining tissue is gradually increased over time. This forms what we call haemorrhoids or piles. Because of the very good blood supply, minor scratches to the lining such as when having the bowel open, may cause bleeding or irritation from the piles.



### How does injection treatment work?

Injection of piles involves the surgeon passing a short telescope into the back passage and injecting an oily solution into the top of the piles. The oily solution causes a mild inflammation within the pile which causes the blood vessels to shrink down and so reduce the size of the pile.



### What to expect afterwards.

Immediately after the injection there may be a mild discomfort in the back passage and there is frequently some bleeding from the haemorrhoid. This is normal – do not worry.

You may feel a little light headed shortly after the procedure. It is usually advisable to sit quietly to let things settle down for 20-30 minutes before driving or catching public transport in case you feel faint.

Over the next two days or so, the inflammation in the pile settles down although there may be a sensation of irritation or discomfort especially when going to the toilet. If this is bothersome, you may take some mild painkillers such as Paracetamol to help.

As the piles shrink down there may be a little bleeding but after 4 or 5 days the treatment should have worked and the pile should be shrinking.

### Potential complications of treatment

Occasionally, the injection causes an infection or abscess where the haemorrhoid used to be. This is usually signified by severe persisting pain in the back passage, fevers or heavy discharge from the anus.

### When to be seen again.

There is sometimes no need to be seen routinely after injection treatment unless other investigations or repeated treatments are planned. If there is severe pain in the back passage or persisting or heavy bleeding this may just be a particularly strong reaction to the injection but you should make arrangements to be seen a check-up.

### How to prevent the haemorrhoids recurring.

A good bowel habit is the key to preventing haemorrhoids from forming. The main 'rules' are:

- \* Prevent the motions from being too hard. Help to keep the motions soft by eating a diet high in fibre, drinking plenty of fluid with meals and, if necessary, taking mild laxatives such as lactulose or fybogel from the chemist.
- \* Try not to strain when passing motions. Go to the toilet when you feel the need. Don't try and strain to have a bowel action unless you feel the urge to and don't try too hard to 'push out every little bit'!
- \* Don't spend too long on the toilet. When sitting down, the weight of the body pushes down into the pelvis and will cause the lining of the back passage to swell. Aim to spend around 5 minutes sitting down when having a bowel action.



*Injection  
of  
Piles  
Patient Information*

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