

HEMORRHOID LIGATION

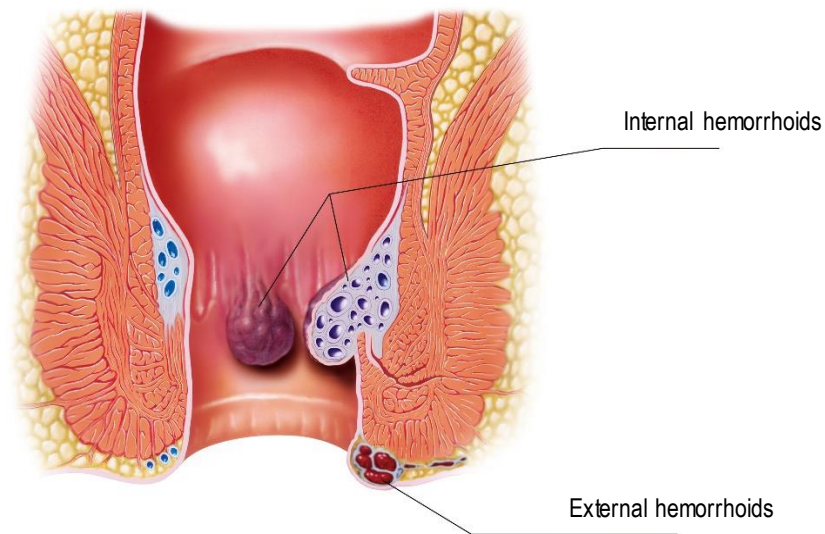


SOURCE : www.medicalnewstoday.com

INFORMATION FOR THE PATIENT

Hemorrhoid ligation

Hemorrhoid ligation is a procedure that involves tying the hemorrhoids inside the rectum with a rubber band. There is little or no pain associated with this procedure. Hemorrhoid ligation may be combined with a colonoscopy.



This procedure is safe, and the healthcare professionals will monitor you throughout it. Don't hesitate to ask them questions before, during or after the procedure.

■ ■ Confirming or cancelling your appointment

We will phone you to give you the date and time of your appointment along with some instructions to follow.

If you are unable to come to your appointment, it is important to let us know at least 48 hours in advance by calling us (telephone numbers are on Page 6). That way, another patient on the waiting list will be able to take your place.

This postponement will be counted as a refusal by you and, if there is a third refusal or postponement, your request for an endoscopic procedure will be cancelled and you will have to see your doctor again to assess the need to undergo this procedure (directive from the ministère de la Santé et des Services Sociaux (MSSS), March 2021).



■ Preparation for the procedure

- Temporarily stop taking some of your medications before the procedure if you are so instructed. In general, anticoagulants must be stopped, based on your doctor's recommendations.
- Buy 2 rectal sodium phosphate (Fleet™) enemas at your pharmacy.
 - Lie down on your left side before administering the enema.
 - Administer one enema when you get up on the morning of your procedure and the second one 2 hours before the scheduled procedure.
- Remove any jewellery or piercing. We recommend that you leave them at home.
- Remove your contact lenses, nail polish, artificial nails and makeup, if you are asked to.
- Keep your hearing aid.
- Inform the appointments clerk and the nurse of your state of health or if your medications have changed since your medical appointment.

Bring with you:

- An up-to-date list of the medications you are taking.
- Your valid health insurance card.
- Your hospital card (if you do not have one, a new card will be given to you at Endoscopy, or you will have to go to Hospital Admissions to get one before your procedure).
- Note that a bag or locker will be available for you to leave your personal effects in.



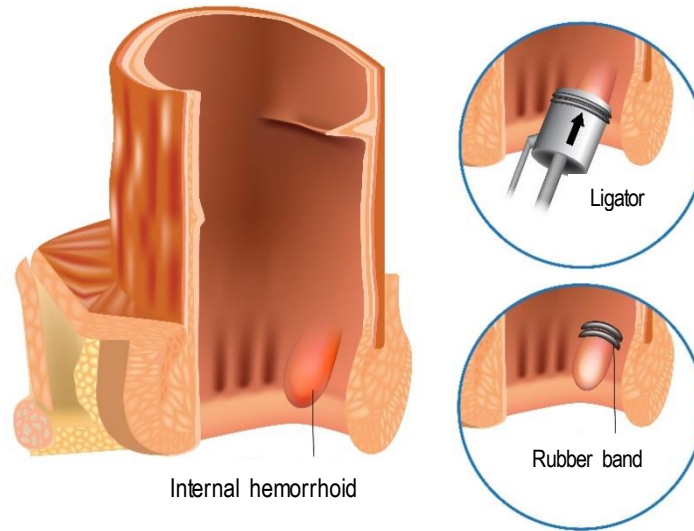
**WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.
BRING MINIMUM PERSONAL EFFECTS.**

■ How the procedure is conducted

- We will tell you which clothes must be removed. You will then put on a hospital gown.
- Once in the room for the procedure, a member of the team will tell you the best position to be in to facilitate the procedure, while ensuring your greatest comfort.

The doctor will conduct the procedure:

- The doctor will begin with a rectal examination and gently insert a tube called an anoscope.
- Hemorrhoid ligation will be performed through the anoscope.



Length of the procedure

- The procedure will last less than 5 minutes. You will leave immediately afterwards.



Instructions for the return home

- No accompaniment is required for your return home, unless you are told otherwise.
- For your comfort, we recommend that you take sitz baths lasting for 15 to 30 minutes every 4 hours or more often, if necessary, as well as after every bowel movement.
 - Sitz baths promote healing and reduce pain.
 - You can get a sitz bath from your pharmacy.
- It is important to keep your stools soft and regular to reduce pain and the risk of bleeding. We strongly recommend that you drink lots of water, eat a diet rich in fibre, and walk regularly.
- Do not force a bowel movement.
- Avoid intense physical activities during the week following your procedure. Alternate activity and rest periods.

■ Possible side effects after the procedure

- Watch for side effects from the procedure. These symptoms are normal after the procedure and should not worry you.
 - Sensations of contraction of the anus and need for a bowel movement for 24 to 48 hours.
 - Take a warm sitz bath as needed.
 - Seeing blood on the toilet paper or on stool for 24 to 48 hours.
 - Seeing an elastic band on or in a stool for 7 to 10 days after the ligation.

You must call Info-Santé (811) or go to Emergency if you have:

- An inability to urinate.
- Abdominal pain not relieved with acetaminophen (Tylenol™).
- The presence of a large amount of clear or dark red blood in the toilet.
- Oral temperature above 38.5 °C for more than 24 hours



Contact information

The Endoscopy services of the CISSS des Laurentides are open Monday to Friday from 8:00 am to 4:00 pm, except for the Hôpital de Mont-Laurier where the hours are 7:30 a.m. to 3:30 p.m.

Note that the services are closed on Saturdays and Sundays as well as statutory holidays.

Hôpital de Saint-Eustache: 450-473-6811, ext. 42417
520 Boul. Arthur-Sauvé, Saint-Eustache, QC J7R 5B1

Hôpital Laurentien: 819-324-4000, ext. 34559
234 Rue Saint-Vincent, Sainte-Agathe-des-Monts, QC J8C 2B8

Hôpital régional de Saint-Jérôme: 450-432-2777, ext. 22781
290 Rue De Montigny, Saint-Jérôme, QC J7Z 5T3

Hôpital d'Argenteuil: 450-562-3761, ext. 72521
Centre multiservices de santé et de services sociaux d'Argenteuil
145 Avenue de la Providence, Lachute, QC J8H 4C7

Hôpital de Mont-Laurier: 819-623-1234, ext. 54240
2561 Chemin de la Lièvre Sud, Mont-Laurier, QC J9L 3G3

You can also call Info-Santé at 811.