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## **Hemorrhoid Banding Procedure and Follow-up Care**

1. This procedure places a small rubber band over one hemorrhoid each session. In general, three banding sessions are required at two week intervals with a final checkup about four weeks later.
2. The procedure is relatively painless since the area involved does not have the nerve endings required to feel pain. The band cuts off the blood supply to the hemorrhoid. The rubber band and hemorrhoid generally fall off within 48 hours (the band can usually be seen in the toilet bowl following a bowel movement). You may notice a feeling of fullness in the rectum, which should respond to Tylenol or Motrin.
3. Following the banding, rest at home that evening and resume full activity the next day.
4. To avoid constipation, take two tablespoons of Benefiber or any other over the counter fiber supplement, with 8 ounces of water twice a day.
5. Occasionally (about 1% of patients), you may have more bleeding than usual after the banding procedure. This is often from the untreated hemorrhoids rather than the treated one. Don't be concerned if there is a tablespoon or so of blood. If there is more blood than this, lie flat with your bottom higher than your head and apply an ice pack to the area. If the bleeding does not stop within a half hour or you feel faint, call our office at 312-695-4452 or go to the nearest Emergency Room.
6. Problems are not common (about 1% of patients). However, if you experience a substantial amount of bleeding, severe pain, chills, fever, difficulty passing urine (very rare), or other problems, you should call our office at 312-695-4452 or go to the nearest Emergency Room.
7. If you are traveling by airplane, take your fiber supplement with you and be sure to drink plenty of water. Do not stay seated for more than 2-3 hours, and try to walk around for a few minutes every hour.
8. Do not spend more than a few minutes on the toilet bearing down. If you cannot empty your bowel you should stop trying after 2-3 minutes, and revisit the toilet later.