



Your Procedure Guide | CRH Hemorrhoid Banding

CRH Hemorrhoid Banding Procedure:

We would like to take this opportunity to thank you for choosing the Atherton Endoscopy Center. Our goal is to provide you with the highest quality of care in a friendly environment. We always welcome your feedback regarding your experience at our facility.

About the Procedure

You doctor has recommended that you have the CRH-O'Regan Hemorrhoid Banding procedure. The procedure is a simple, painless and highly effective procedure (99.1%) that can be performed in less than a minute. Our physician will place a tiny rubber band around the internal hemorrhoid to cut off its blood supply. The hemorrhoid then shrinks and falls off within a day or so, usually without you noticing. Once the hemorrhoid is gone, so are your symptoms. The typical treatment plan is for a series of three bandings, one every two weeks or more.

At AEC we use the patented CRH-O'Regan Disposable Hemorrhoid Banding System, considered to be the "gold standard" treatment. The system is smaller and more comfortable for patients and uses gentle suction to grasp the hemorrhoid, thus significantly reducing the risk of pain and bleeding. The CRH O'Regan Disposable Banding System is the only hemorrhoidal removal treatment that requires no pain medication and virtually no recovery time.

Five Days before the Procedure:

Please discontinue any of the following medications:

- Blood thinning medications – such as Coumadin and Plavix. Please discuss stopping these medications with your doctor.

Two Days Prior To Your Procedure

One of our nurses will be contacting you two days prior to your procedure to obtain your medical history and to review any preparation instructions. We will be happy to answer any questions you may have at that time. Please make sure you tell the nurse if you have any of the following:

- Allergies to any medications or latex products
- A tendency to bleed during surgical or dental procedures

The Nurse will ask you about the medications you take. Please let her/him know if you are taking or have recently taken, any of the following medications:

- Blood thinning medications – as above
- Phosphodiesterase Inhibitors – i.e. Viagra, Levitra, Cialis. Upon admission, we will need to be informed if these have been taken within 48 hours of the procedure. It can interact with a cream we may use following your procedure.

The Day of Your Procedure:

Please wear loose, comfortable clothing that is easily removed. Avoid tight fitting garments such as pantyhose. Please leave your valuable at home. You will be changing into a patient gown; you may leave on a t-shirt and your socks.

Bring the following items with you:

- Your insurance card and driver's license or other suitable ID card.



- A list of all medications you are taking (or bring the bottles with you)

Please arrive at our center 15 minutes prior to your scheduled procedure time unless otherwise instructed. You will not be receiving sedation, therefore you will be able to drive following the procedure. When you arrive our receptionist will review your insurance and contact information with you. Please let her know of any changes.

The nurse will bring you back to the admission area to get you ready for your procedure.

- She/he will review your medical history if this has not already been done.
- You will be signing a consent form to have your physician perform a series of CRH Banding procedures.
- She/he will obtain your blood pressure, pulse and oxygen saturation prior to the procedure.

During Your Procedure:

You will be brought to one of the private procedure rooms where you will be cared for by your doctor and a Registered Nurse. You will be lying on your left side for the procedure. Once you have had a chance to talk to your doctor, the nurse will have you turn to your left side. The doctor will gently insert a small anoscope to visualize the hemorrhoids. Once visualized, the doctor inserts the small CRH-O'Regan Banding device. Using suction, band placement only takes 30 seconds to 1 minute. During that time the doctor will ask you about your comfort level - you should not feel pain but may feel pressure or fullness. The doctor will ask you to verbalize this to confirm proper placement. After placement of the band, the doctor will verify placement and that you do not feel pain.

After Your Procedure:

While the procedure is painless, some patients may experience a dull ache or feeling of fullness in the rectum during the first 24 hours. Your comfort level will again be confirmed before you leave. The nurse will review your discharge instructions. We will give you all of your discharge instructions in writing.

Discharge Instructions:

- You may resume your normal diet immediately.
- You may resume normal activity but may prefer to take it easy.
- If you experience discomfort you may soak in a warm Sitz bath.

Your doctor recommends these additional instructions:

- Straining due to constipation should be avoided.
- Be sure to drink at least 8 glasses of water per day.
- Add 2 tablespoons of natural oat or wheat bran to your day: ground Flax, Metamucil, Citracel or other soluble fiber may be helpful as well.
- Do not sit longer than two minutes on the toilet.

You should call your doctor if you develop any of the following after your procedure:

- Chills and/or fever over 101 degrees
- Persistent diarrhea



- Severe anal/rectal pain
- Severe abdominal pain other than gas cramps
- Any bleeding – exceeding one tablespoon

The nursing staff will call you the following business day to see how you are. Please let her/him know if you have any concerns. You are welcome to call us anytime during our open business hours as well.