

SAN JOSE GASTROENTEROLOGY

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INSTRUCTIONS FOR HEMORRHOID BANDING PROCEDURE

FOR THE BEST POSSIBLE EXAMINATION, PLEASE FOLLOW THE INSTRUCTIONS BELOW CAREFULLY.

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 need to reschedule or cancel, please notify our office at least **72 hours** prior to the date of exam at **408-347-9001**.

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.
- You may use Milk of Magnesia (MOM) daily to avoid constipation for ~48 hours.
- Contact our office if you feel excessive rectal pain, increased swelling or ongoing bleeding.

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