

## NORTH BAY GENERAL SURGERY

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# Hemorrhoid Prevention and Treatment

**Hemorrhoids:** Hemorrhoids are swollen veins in your rectum or anus. They are a normal part of anatomy and only require treatment when they become problematic or painful.

## Preventing Hemorrhoids

### 1. Eating Enough Fiber Everyday

Fiber is the part of plant foods that our bodies cannot fully digest, fiber can help prevent constipation by making stools bulky, soft, and easier to pass.

#### How much Fiber do I Need?

Age or Group	Men (grams per day)	Women (grams per day)
19-50	38	25
Over 50 years	30	21

#### What Foods Have Fiber?

##### Vegetables and Fruit:

- All vegetables and fruit, especially those with skin and seed

##### Grain Products:

- Breads, cereals, noodles, and other products made with whole grain
- All types of barley, bran, brown rice, buckwheat, cracked wheat, quinoa, and oats.

##### Meat Alternatives

- Beans, chickpeas, lentils and split peas
- Nuts and seeds such as almonds, chia, flax, hemp seeds, peanuts, sunflower seeds, and walnuts

#### Tips for Increasing your Fiber Intake

- Try to include as many fiber rich foods as you can in meals and snacks
- Eat 7-10 servings of vegetables and fruits

- Add 1-2 tablespoons of wheat bran or ground flax seeds to other foods such as cereal, yogurt or smoothies
- Enjoy a ¼ cup serving of nuts and seeds
- Eat beans, chickpeas, or lentils regularly. One serving is ¾ cup
- Prunes are a natural laxative. Eat 2-3 prunes or drink ½ cup prune juice.
- Your doctor may also suggest a fiber supplement such as Metamucil or Benefiber (1 Tbsp / day)
- Your bowels need time to get used to higher fiber foods. Increase your fiber intake slowly and spread fiber rich foods throughout the day. This will help prevent gas and bloating.
- The Nutritional Facts table shows the amount of fiber in foods. Read the table and try to choose foods with 2g of fiber or more.

<b>Nutrition Facts</b>	
Servings Per Container 4	
<b>Amount per serving ½ cup</b>	
<b>Calories 90</b>	<b>Calories from Fat 30</b>
<b>% Daily value</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrates 13g</b>	<b>4%</b>
Dietary Fiber 3g	12%
Sugars 3g	12%
<b>Protein 3g</b>	<b>4%</b>
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%

## 2. Drink Enough Fluids Everyday

It is important to drink enough fluid when you eat a higher fiber diet to help stools stay soft. The table shows how much fluid is recommended for adults every day.

Men	Women
12 Cups (3 Liters)	9 cups (2.2 liters)

### Tips to Increase your Fluid Intake

- Get most of your fluid by drinking water.
- Limit the amount of caffeine you get per day (coffee, tea, soft drinks) to 1-2 cups per day.
- Avoid alcohol or limit alcohol consumption.
- Fruit juice is low in fiber compared to whole fruit. Limit fruit juice consumption to ½ cup per day.

## 3. Be Active Everyday

Daily activity helps to keep your bowels moving regularly. Try to be active for 30 minutes a day, 5-7 days a week.

- Start by doing simple activities like 10 minutes of walking and increase from there.
- Limit the time you spend in front of the tv or computer.

## 4. Form Good Bowel Movement Habits

- Try to have a bowel movement when you feel the urge. If you ignore this feeling the stool can become hard and dry, making it difficult to pass.
- The bowels are most active after eating, so eating small meals and snacks throughout the day may help you have a bowel movement more often.
- Buy a small stool or a 'squatty potty' to place in your bathroom. By putting your feet on a stool and elevating your knees it puts your body in a more natural position. This enables easier bowel movements.

## Relieving the Pain

- Take warm soaks (sitz baths) 2-3 times a day, with or without Epsom salts.
- Gently cleanse after each bowel movement, we recommend using baby wipes, Tuck's wipes, or moisten toilet paper and pat gently.
- Can take acetaminophen (Tylenol) or Ibuprofen (Advil) as directed for discomfort
- Apply any prescribed creams, or over-the-counter creams such as Anusol.

## Surgical Treatments

Lifestyle changes are incredibly important. If they are not implemented, then hemorrhoids will continue to reoccur following surgical treatment.

Most people do not require surgical treatment, as changes to their diet and good bowel habits can treat/prevent most hemorrhoids.

If your hemorrhoids are not showing improvement there are surgical options available:

### 1. Hemorrhoid Banding

This involves placing a small rubber band at the base of the hemorrhoid, this stops the blood flow to the hemorrhoid and causes it to wither away. This procedure can either be done in the endoscopy suite, if you require a colonoscopy, or will be done in the Ambulatory Care Unit at the North Bay Regional Health Center.

### 2. Hemorrhoidectomy

Hemorrhoidectomy is a surgery in which you are put under a general anesthetic and the hemorrhoids are surgically removed. This surgery is very painful and is only done if lifestyle changes have not helped, hemorrhoid banding has failed or was not an available option.