

# Banding of piles (haemorrhoids)

## Endoscopy

### Information for Patients

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## Introduction

Your GP or hospital has told you that you need to come for banding of piles or haemorrhoids.

This leaflet will give you information about;

- banding of your piles.
- what to expect after the banding and what to look for and
- how to stop your piles returning.

If you are not able to keep your appointment, please tell the department as soon as possible. This is so that the staff can give your appointment to someone else.

If your body mass index (BMI) is more than 40 and you are having this done at Melton, Loughborough, Hinckley or St Luke's Hospital, please contact the department before you come. They may need to book for you again at Leicester.

Please also read the patient information leaflet no:441, '[Having a flexible sigmoidoscopy](#)'. You can find this from YourHealth website.

## What are piles (haemorrhoids)?

Piles also known as haemorrhoids, are swellings with enlarged blood vessels that are found inside or around the bottom (the rectum and anus). Sometimes they can cause

- bleeding after passing poo. The blood is usually bright red.
- a lump hanging down outside of the anus. This may need to be pushed back in after passing poo.
- a mucus discharge after passing poo or an itchy bottom
- soreness, redness and swelling around your anus

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## How does the treatment work?

Banding of piles is done as an outpatient treatment and only takes a few minutes. This may be **done after a procedure called a flexible sigmoidoscopy (see leaflet 441 mentioned earlier)**. Using a short telescope, tiny rubber bands are placed inside the back passage, above the piles. This cuts off and tightens (constricts) the blood supply to the piles. Over the next few weeks, the piles shrink. Hopefully this may make your symptoms get better.

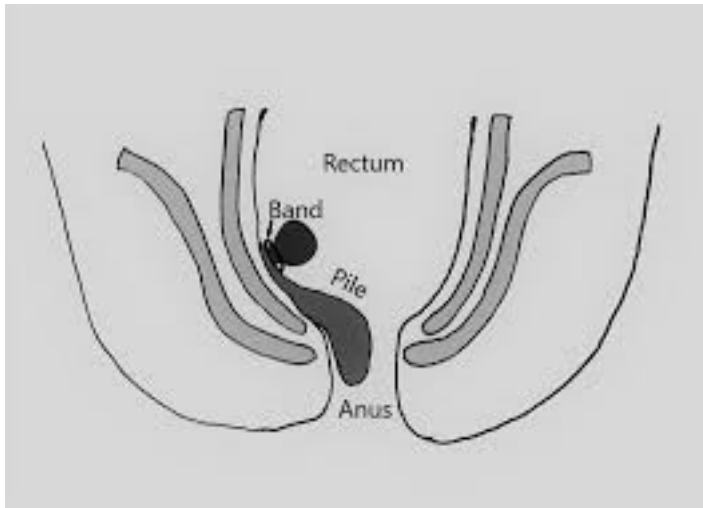


Figure 1: Band placement above pile

## What to expect after the treatment

Soon after the banding you may feel the need to poo. Do not worry, this is normal. This should fade to a mild discomfort or ache lasting a few hours and up to a day.

You may feel a little dizzy shortly after the procedure. It is best to sit and let things settle down for 20 to 30 minutes before driving or catching public transport. This is in case you feel faint. Over the next few days you can take some mild pain relief, such as paracetamol, to help with discomfort. **Do not** take painkillers that have codeine as these can cause constipation. You should always follow the directions in the leaflet that came with your tablets.

After 7 to 10 days the tissue in the band falls away. You may get some dark red bleeding from the back passage. Do not worry, this is normal.

## Possible complications of the treatment

Sometimes bands tighten a part of the lining of the back passage. This is very sensitive. This is unusual and at times might need to be removed.

Very rarely, you may have very large amounts of bright red bleeding after 7 to 10 days. If this happens then you may need to be seen by your GP or the Emergency Department at the hospital. This may be more common if you are taking medications to thin your blood such as Warfarin, Clopidogrel or Rivaroxaban. Your surgeon may ask you stop these medications before having the banding treatment done.

## When to go to your GP

There is no need to have a follow up visit after your banding treatment.

If you have;

- very painful back passage or
- ongoing or heavy bleeding, you should see your GP for a check-up.

At times, your surgeon may set up an 'open-appointment' for you. This is so that if within 6 months of treatment you have ongoing symptoms then you can contact their secretary. This is to see them again in the clinic without having to go through your GP.

## How to stop piles returning

Good toilet habits are the key to stopping piles from forming.

- **Stop the poo from being too hard.** Eating a high fibre diet, drinking plenty of water with meals and taking mild laxatives like, Laxido® or Fibogel® when needed can help soften the poo. You can get them from the chemist.
- **Try not to force passing poo.** The number of poo that people pass in a day or week can be different. Do not try to force yourself to pass poo unless you feel the need to go. Do not try too hard to push out every last bit. Some people may find it helpful to raise their feet on a box or step. This helps them not to force themselves.
- **Do not spend too long on the toilet.** When we sit, the weight of the body pushes down into the pelvis. This causes the lining of the back passage to swell. Try to spend around 5 minutes passing poo and do not take any longer than that.

## Contact details:

If you are not able to make your appointment, please let us know as soon as possible. This is so that we can give it to someone else. If you need to talk about your appointment please contact:

- Leicester General or Leicester Royal Infirmary or Glenfield Hospital: Endoscopy Booking Team on 0116 258 3910 (10am to 4pm).
- Loughborough or St Luke's or Hinckley or Melton Hospitals: Endoscopy Booking Team on 01509 564426 or 01509 564402.

If you want to ask about your procedure, please contact the correct Endoscopy Department:

Leicester General Hospital:	0116 258 4357
Leicester Royal Infirmary:	0116 258 6997
Glenfield Hospital:	0116 258 3130 or 0116 258 3166
Hinckley Community Diagnostic Centre:	0116 502 1614
Loughborough Hospital:	0150 956 4406
Melton Mowbray Hospital:	0166 485 4904
St Luke's Hospital Market Harborough:	0185 844 8344

## Trainees and student observers

Leicester hospitals supports trainees and students from the county's medical school and nurse training school. A trainee with the relevant skills may do your procedure under supervision where needed, or student observers may be present. If you would rather not have students or trainees in the room during your procedure, please let us know.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)