

## **ADRIAN POLGLASE**

### **Professor of Surgery**

MB BS (Hons), MS, FRACS, FRCS (Eng), FRCS Ed, FACS

CABRINI MONASH UNIVERSITY DEPARTMENT OF SURGERY

COLORECTAL SURGERY  
LAPAROSCOPIC SURGERY  
COLONOSCOPY

A. L. POLGLASE PTY. LTD. A.C.N. 062 956 843

## **Colorectal - Malvern**

SUITE 20, CABRINI MEDICAL CENTRE  
ISABELLA STREET, MALVERN 3144  
TELEPHONE 9509 8233 FACSIMILE: 9509 0812  
PROVIDER NO 216484K  
AFTER HOURS: HOME 9824 7525  
CALL SERVICE: 9387 1000

EMAIL: [alp@colorectalmalvern.com.au](mailto:alp@colorectalmalvern.com.au)  
WEBSITE: [www.colorectalmalvern.com.au](http://www.colorectalmalvern.com.au)  
[www.colonoscopymalvern.com.au](http://www.colonoscopymalvern.com.au)  
[www.laparoscopymalvern.com.au](http://www.laparoscopymalvern.com.au)

### **ELASTIC BAND LIGATION OF HAEMORRHOIDS**

Elastic band ligation of haemorrhoids is the application of small elastic bands which will cut off the nutritional blood supply to the hemorrhoid making it shrink and fall off any time up to ten days after the procedure.

If you are intending traveling outside Australia then you should have this procedure done no closer than two (2) weeks prior to departure because of the small chance of late bleeding.

If you are on blood thinning drugs then they will need to cease prior to the procedure. In some instances they need to be ceased up to 2 weeks prior to and should not be recommenced for up to 2 weeks after an elastic band ligation.

An example of the medications which need to be ceased are:

Aspirin (Astrix, Cartia, Disprin, Solprin)

Warfarin (Coumadin, MArevan)

Clopidogrel (Iscover, Plavix)

Some naturopathy medications (Glikobiolba, Garlic, St John's Wort)

The exact time for you to be off medication should be discussed with Professor Polglase

#### **After the procedure**

Often some bleeding may occur during this period. If the bleeding is profuse and there are clots please contact Professor Polglase.

It is not uncommon to get some lower bowel discomfort after application of elastic bands but usually this will settle with analgesia such as Panadol or Panadeine. In addition to discomfort there may be a sensation of a desire to evacuate the bowel. This will usually settle down over a 24-48 hour period and straining may cause some aggravation during this time.

If you have any tendency to constipation Agarol 20-30ml or Coloxyl with Senna 1 or 2 at night may be helpful although it is not usually necessary for you to take laxatives.

There is no need to change your diet and you may resume normal activity, provided you are comfortable.

Sometimes elastic band ligation is performed during the course of another procedure under general anaesthesia and in this case because sedation has been given it is very important that you do not drive a car, travel on public transport alone, operate machinery, sign legal documents or drink alcohol on the same day as the test.