Hemorrhoids

Hemorrhoids are veins that get big in the rectum. If these veins get blocked, it leads to more problems. When the veins are blocked, it makes them puffy (*swollen*) and painful.

HOME CARE

- Eat food that is good for you.
- Drink 6 to 8 glasses of water every day or as told by your doctor.
- Avoid straining to poop (*bowel movement*).
- Keep the anal area dry and clean.
- Only take medicine as told by your doctor.
- Your doctor may tell you to take a medicine (*laxative*) to make you poop. Follow your doctor's instructions.

If your hemorrhoids are puffy and painful:

- Take a warm bath for 20 to 30 minutes. Do this 3 to 4 times a day.
- If your hemorrhoids are very sore, place ice packs on the area. Use the ice packs between the baths.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
- **Do not** use a donut-shaped pillow. **Do not** sit on the toilet for a long time.
- Go to the bathroom when your body has the urge to poop (*bowel movement*). This is so you do not strain as much to poop.

GET HELP RIGHT AWAY IF:

- You have increasing pain that is not controlled with medicine.
- You have uncontrolled bleeding.
- You cannot poop.
- You have pain outside the area of the hemorrhoids.
- You have chills.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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