Rectal Bleeding

You have been bleeding from the rectal area. This condition can be caused by many different problems, including:

- **Hemorrhoids ("piles") and anal fissures (cracks in the anal canal).**
- **Diverticulosis, polyps, and peptic ulcer disease.**
- **Malignant tumors (cancer), injuries, and bowel inflammation.**

Treatment depends on finding the cause of the bleeding. A sigmoid or colonoscopy exam and barium enema x-rays are often done to make the diagnosis. Avoid strenuous activity and drink plenty of fluids over the next week. Eat a high-fiber diet to keep your stool soft. Hot baths may be useful to soothe rectal pain.

See your caregiver for follow-up evaluation as suggested by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Increased bleeding, fever, severe pain, fainting, or other serious symptoms.

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