# Hemorrhoids

Hemorrhoids are *dilated* (enlarged) veins around the rectum. Sometimes clots will form in the veins. This makes them swollen and painful. These are called *thrombosed hemorrhoids.*

**Causes of hemorrhoids include:**

- Pregnancy: this increases the pressure in the hemorrhoidal veins.
- Constipation.
- Straining to have a bowel movement.

## HOME CARE INSTRUCTIONS

- Eat a well balanced diet and drink 6 to 8 glasses of water every day to avoid constipation. You may also use a bulk laxative.
- Avoid straining to have bowel movements.
- Keep anal area dry and clean.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

**If thrombosed:**

- Take hot sitz baths for 20 to 30 minutes, 3 to 4 times per day.
- If the hemorrhoids are very tender and swollen, place ice packs on area as tolerated. Using ice packs between sitz baths may be helpful. Fill a plastic bag with ice and use a towel between the bag of ice and your skin.
- Special creams and suppositories (Anusol, Nupercainal, Wyanoids) may be used or applied as directed.
- Do not use a donut shaped pillow or sit on the toilet for long periods. This increases blood pooling and pain.
- Move your bowels when your body has the urge; this will require less straining and will decrease pain and pressure.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

## SEEK MEDICAL CARE IF:

- You have increasing pain and swelling that is not controlled with your prescription.
- You have uncontrolled bleeding.
- You have an inability or difficulty having a bowel movement.
- You have pain or inflammation outside the area of the hemorrhoids.
- You have chills and/or an oral temperature above 102° F (38.9° C) that lasts for 2 days or longer, or as your caregiver suggests.

## 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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