

Central Texas Colon and Rectal Surgeons

Internal hemorrhoids

Internal hemorrhoids are enlarged, bulging blood vessels in the anus and lower rectum. Typically, painless bleeding and protrusions during bowel movements are the most common symptoms. If an internal hemorrhoid protrudes from the anus and cannot be pushed back inside, severe pain may follow. Constipation is the major cause of hemorrhoids. If problematic, internal hemorrhoids should be ligated in the office or exercised in a minor surgery. Oftentimes, medical therapy can relieve the hemorrhoids using the following instructions:

1. Diet Modification

- A. Increase the amount of fiber in your diet to 20g to 30g everyday.
(See fiber sheet guide)
- B. Take fiber supplement: (Citrucel, Metamucil, Konsyl, Benefiber)
_____ times daily.
- C. Drink plenty of water. (6 to 8 glasses per day) If you increase the fiber in your diet without increasing the amount of water you drink, you may develop constipation. Excess usage of caffeinated and alcoholic beverages can cause dehydration.

2. Local Care of the Internal Hemorrhoid

- A. Warm tub baths (for at least 30 minutes at a time), two times a day after all bowel movements. This will help to decrease the inflammation.
- B. Apply the topical medications prescribed (use after baths):
 - ? Analpram using applicator tip ____ times daily.
 - ? _____ to be applied ____ times daily.

Using the above instructions, which will improve your stool consistency and provide care to the injured area, we may be able to heal the hemorrhoid without surgery. If your hemorrhoid does not heal, you may be a candidate for an office procedure or for surgery. You should follow this treatment until instructed to discontinue.