

Hemorrhoids (Piles)

What are hemorrhoids?

Hemorrhoids are swollen blood vessels inside rectum (internal hemorrhoids) or on anus (external hemorrhoids). Sometimes a hemorrhoid may prolapse, which means it extends out of anus.

Risk factors

- Constipation
- Frequent or prolonged straining during bowel movements
- Increased pressure in your abdomen
- Weak skin around the rectum and anus

Signs and symptoms

- Itching around anus
- Pain inside rectum or around anus
- Bright red blood in bowel movement, on the toilet paper, or in the toilet bowl
- Tissue bulging out of anus
- Discharge of a thick fluid from anus
- Incontinence (poor control over urine or bowel movements)
- Inflammation around anus

Diagnosis

- A digital rectal exam is a test to check for hemorrhoids.
- An anoscopy is a test that uses a scope (small tube with a light and camera on the end) to look at hemorrhoids.
- Rectal examination

Treatment

- Medicines can help decrease pain and swelling, and soften bowel movement. The medicine may be a pill, pad, cream, or ointment.
- lifestyle management is essential
- corticosteroid cream
- local anaesthetic to treat painful haemorrhoids.
- Surgery may be needed to shrink or remove hemorrhoids.



Clinical teaching

- Do not strain to have a bowel movement or sit on the toilet too long.
- Prevent constipation and soften bowel movement.
- Exercise, such as walking, may make it easier to have a bowel movement.
- Drink liquids as much as you can.
- Use an ice pack, or put crushed ice in a plastic bag. Cover it with a towel. Ice helps prevent tissue damage, decreases swelling, and pain.
- Keep anal area clean.