Haemorrhoids

What Are Haemorrhoids?

Haemorrhoids, also known as piles, are swollen blood vessels in the anus and rectum. They are often compared to varicose veins and are a common condition, affecting nearly half of the population at some point in their lives.

What Causes Haemorrhoids?

The **most common cause is constipation**. Excessive straining during bowel movements increases pressure on the veins, causing them to enlarge and prolapse. Other contributing factors include:

- **Pregnancy and childbirth** – Increased pressure on the pelvic veins
- **Genetics** – Haemorrhoids can run in families

Symptoms Of Haemorrhoids

Many people experience no symptoms, but when symptoms do occur, they often include:

- **Bleeding** during bowel movements
- **Protrusion** of haemorrhoids when passing stools
- **Itching** in the anal area
- **Pain or discomfort**
- **Sensitive lumps around the anus**

Prolapsing Haemorrhoids

Prolapsing haemorrhoids occur when the swollen veins push out of the anus during bowel movements. In some

cases, they may not retract on their own, leading to swelling and significant pain.

How Are Haemorrhoids Diagnosed?

During your consultation, your doctor will:

- **Take a full medical history** and discuss your symptoms
- **Perform a clinical examination**, including:
- **Rigid sigmoidoscopy** or **proctoscopy** to assess the rectum

If you are over 40 and have experienced bleeding or changes in bowel habits, a flexible sigmoidoscopy or colonoscopy may be recommended to rule out other conditions

Treatment For Haemorrhoids

Lifestyle and home remedies

- **Increase fibre intake** – Eat more fruits, vegetables, and whole grains to soften stools
- **Drink plenty of fluids** – Staying hydrated helps prevent constipation
- **Avoid straining** – Take your time and avoid excessive pushing during bowel movements
- **Sitz baths** – Soaking in warm water can relieve discomfort
- **Cold compresses** – Applying an ice pack wrapped in a towel may help reduce swelling

Non-surgical treatments

- **Over-the-counter ointments and suppositories** – These do not remove haemorrhoids but can relieve discomfort
- **Banding of haemorrhoids** – A small band is placed around the haemorrhoid, cutting off blood supply, causing it to shrink and fall off

Surgical treatments

For larger or prolapsing haemorrhoids, surgery may be necessary:

- **Haemorrhoidal artery ligation operation (HALO)** – Uses ultrasound to identify and tie off blood vessels feeding the haemorrhoid, reducing symptoms and preventing recurrence. Most patients recover within 24–48 hours
- **Haemorrhoidectomy** – A surgical removal of haemorrhoidal tissue, often needed for large or painful haemorrhoids

Important Note

Haemorrhoids do not cause cancer, but their symptoms can mimic bowel cancer. If you experience bleeding, persistent discomfort, or changes in bowel habits, seek medical advice to rule out more serious conditions.

Why Choose The Midlands Bowel Clinic?

- **Expert consultants** – Specialists in colorectal conditions and haemorrhoid treatments
- **Advanced diagnostics** – Comprehensive assessments, including endoscopic and imaging tests
- **Minimally invasive treatments** – Effective, low-pain options for quicker recovery
- **Personalised care** – Tailored treatment plans to suit your needs

Contact Us

If you are experiencing symptoms of haemorrhoids, contact us today for expert diagnosis and treatment. Early intervention can help manage symptoms effectively and improve your quality of life.