

HEMORRHOIDS

Hemorrhoids are swollen veins inside or outside the rectum. They may cause bleeding, a “burning” feeling at the rectum, or itching. If the hemorrhoids come outside the rectum they may cause severe pain that gets worse with a bowel movement. Hemorrhoids may develop after constipation or sometimes diarrhea, with pregnancy or after delivering a baby, or other problems.

Treatment suggestions:

1. Warm sitz baths at least twice a day.
2. Keep anal area clean gently.
3. Drink lots of water and eat lots of fruits and vegetables (fiber) to prevent constipation.
4. Avoid prolonged sitting or standing. When possible, sit with a pillow under your buttocks and legs. (DO NOT do this if pregnant without talking with your doctor first!)
5. Your doctor may recommend over the counter or prescription medicine after an exam.
6. See your doctor if the pain suddenly gets worse.

SEE YOUR DOCTOR IF YOU ARE HAVING BLEEDING FROM YOUR RECTUM!

Bleeding from the rectum can be a sign of a much more serious problem and should be examined right away.