

## PREVENTION



Eat plenty of fibre



Keep hydrated



Practise proper bowel habits.

Go to the toilet as soon as possible after feeling the need. Do not sit on the toilet bowl for long periods.

**Clinics 2A and 2B**  
TTSH Medical Centre, Level 2

**Contact:**

6357 7000 (Central Hotline),  
6889 4242 (Non-Subsidised Appointment)



Scan the QR Code with your smart phone to  
access the information online or visit  
<http://bit.ly/TTSHDiseases-Conditions>.

DEPARTMENT OF  
**GENERAL SURGERY**

## HAEMORRHOIDS



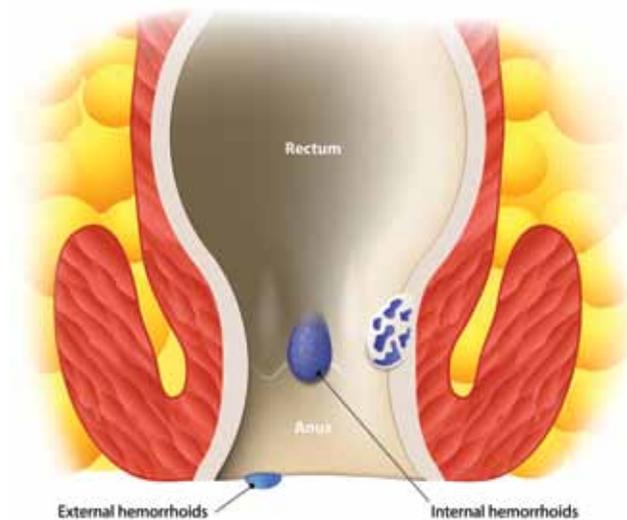
© Tan Tock Seng Hospital, Singapore 2017. All rights reserved. All information correct as of February 2017. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.

## WHAT ARE HAEMORRHOIDS (PILES)?

Haemorrhoids, commonly known as piles, are one of the most common conditions. Haemorrhoids are enlarged and bulging blood vessels which are filled with more blood than usual. They are found around the anus and lower rectum.

External haemorrhoids develop near the anus. If a blood clot develops in one of them, a painful swelling may occur.

Internal haemorrhoids develop within the anus. They are usually painless because the upper anal canal has no pain nerve fibres. Painless bleeding and protrusion during bowel movements are often observed.



### CAUSES

- **Chronic Constipation or Diarrhoea:** Continuous straining of the anus increases the pressure around the veins, resulting in haemorrhoid formation.
- **Pregnancy:** Pressure of the foetus lying above the rectum and anus, as well as a change in hormone levels can have an effect on the veins.
- **Ageing:** Tissue lining of the anus may become less supportive as we get older. Piles are more common after the age of 30.
- **Hereditary factors:** Some people may inherit a weakness of the wall of the veins in the anal region.
- **Lifestyle factors:** Individuals with bad habits such as reading in the toilet for prolonged periods, standing or sitting for long periods, are more prone to piles.

### SYMPTOMS

- Bleeding during bowel movements
- A lump near your anus - A haemorrhoid can hang down (prolapse) and can be felt outside the anus
- Itching in the anal area
- Pain or discomfort

### TREATMENT

In many cases, piles are small and symptoms settle down without treatment. If required, treatment is usually effective.

#### Non-surgical cures

- Stool softeners, fibre supplements to ease bowel movement
- Creams, ointments and cold packs to soothe the pain
- Oral medication can improve venous tone and reduce bleeding

Other treatment methods include:

- **Rubber Band Ligation:** Works effectively on internal haemorrhoids that protrude with bowel movements. A small rubber band is placed over the haemorrhoid, cutting off its blood supply. The haemorrhoid and the band fall off in a few days and the wound usually heals in a few weeks.
- **Injection:** Used on bleeding haemorrhoids that do not protrude. This method causes the haemorrhoid to shrivel up.
- **Haemorrhoidectomy:** Surgery to remove the haemorrhoids permanently.