

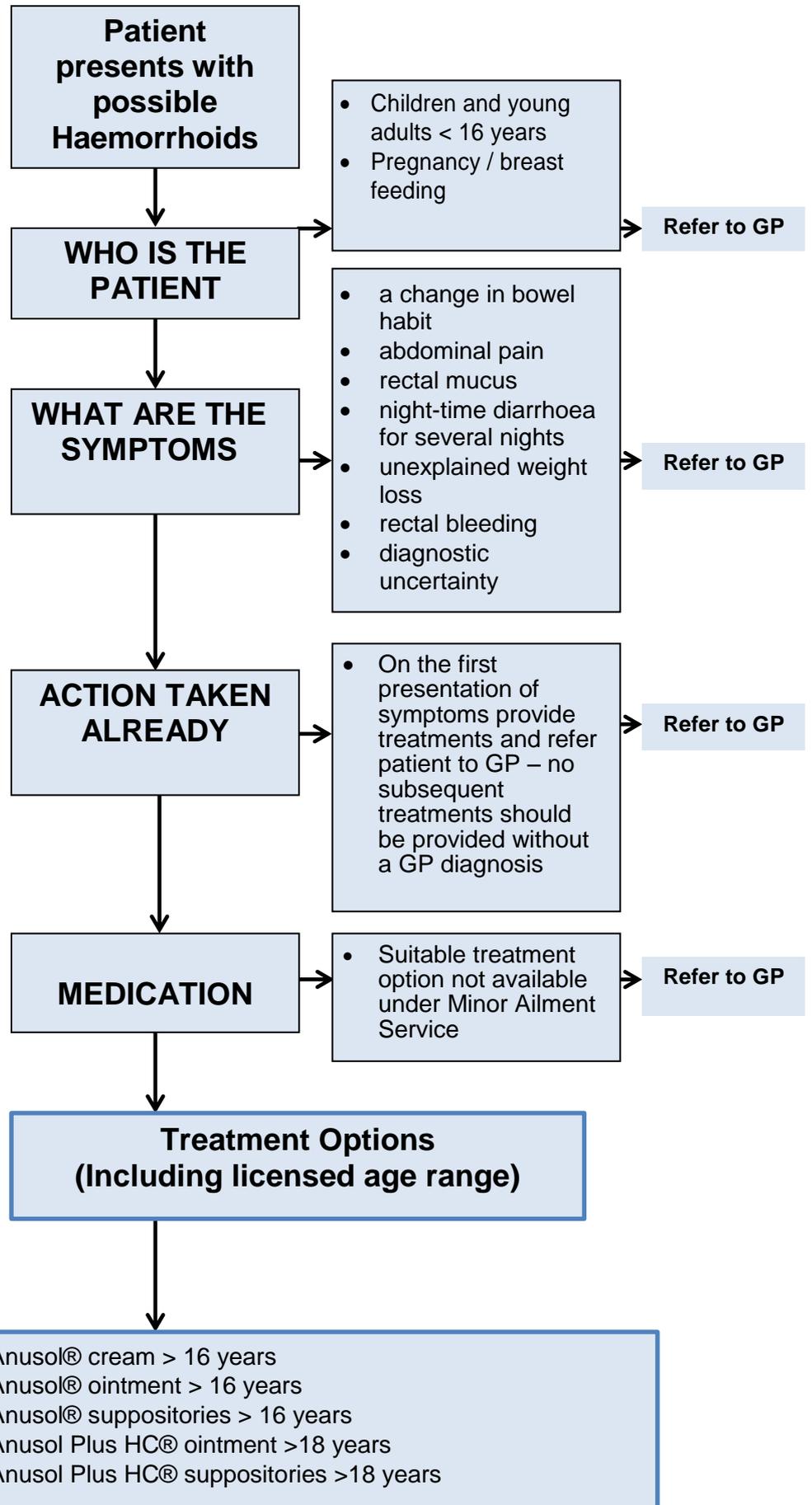
Haemorrhoids are likely to be diagnosed on symptoms described by person.

They may present with

- Perianal itch and/or bright red bleeding, and often occur with defecation. The bleeding can vary from streaks on the toilet paper to blood dripping into the toilet. Blood is seen on the outside of the stool but is not mixed in with the stool.
- a mucus discharge after passing a stool
- soreness, redness and swelling around the anus
- a lump hanging down outside of the anus

The symptoms of haemorrhoids may be relieved by using simple treatments such as those listed below.

See page 2 for advice on self-care



Advice for Self-Care / Non Pharmaceutical Treatment	Treatment Options Formulary Items		
	Drug	Dose and Duration	Advice
<p>Advise that treatments only provide symptomatic relief and do not cure haemorrhoids. Refer all patients to GP for diagnosis following advice and initial treatment.</p> <p>Provide lifestyle advice including:</p> <ul style="list-style-type: none"> gradually increasing the amount of fibre in your diet – good sources of fibre include fruit, vegetables, wholegrain rice, whole wheat pasta and bread, pulses and beans, seeds, nuts and oats drinking plenty of fluid – particularly water, but avoiding or cutting down on caffeine and alcohol not delaying going to the toilet – ignoring the urge to empty your bowels can make your stools harder and drier, which can lead to straining when you do go to the toilet maintain good perianal hygiene avoiding medication that causes constipation – such as painkillers that contain codeine losing weight if you're overweight exercising regularly – this can help prevent constipation, reduce your blood pressure, and help you lose weight <p>Provide advice about symptomatic relief with analgesia such as paracetamol if appropriate.</p> <p>If constipated recommend bulk-forming laxative e.g. ispaghula husk (avoid stimulant laxatives which do not include a softening action).</p> <p>Useful links for patients:</p> <ul style="list-style-type: none"> Haemorrhoids, NHS Choices http://www.nhs.uk/conditions/Haemorrhoids/Pages/What-is-it-page.aspx Haemorrhoids (piles), NI Direct https://www.nidirect.gov.uk/articles/haemorrhoids-piles 	<p>Anusol® cream / ointment</p> <p>Anusol® suppositories</p> <p>Anusol Plus HC® cream</p> <p>Anusol Plus HC® suppositories</p>	<p>Apply to the affected area at night, in the morning and after each evacuation.</p> <p>Insert one suppository into the anus at night, in the morning and after each evacuation</p> <p>Apply sparingly to the affected area at night, in the morning and after each evacuation up to a maximum of 4 applications a day.</p> <p>Insert one suppository into the anus at night, in the morning and after each evacuation up to a maximum of three per day for a maximum period of one week.</p>	<p>Preparations containing mild astringents or lubricants relieve local irritation and are less likely to cause skin sensitisation.</p> <p>Preparations containing corticosteroids may reduce inflammation and pain, but prolonged use may lead to skin atrophy, contact dermatitis, and skin sensitisation. Local infection must be excluded before use. Preparations containing corticosteroids should only be used for up to 7 days.</p>

References: Clinical Knowledge Summary: Haemorrhoids <https://cks.nice.org.uk/haemorrhoids>

See individual SPC for further information/advice