

Hemorrhoids

Patient education

What are hemorrhoids?

Hemorrhoids are swollen veins that can form in the rectum (internal hemorrhoids) or around the anus (external hemorrhoids). Hemorrhoids can cause pain, itching, and bleeding. Most of the time, they do not cause major issues. They usually are managed with dietary and lifestyle changes, as well as other home remedies.

What causes hemorrhoids?

- Constipation
- Straining to poop
- Diarrhea
- Pregnancy
- Obesity
- Sitting for a long duration
- Heavy lifting or other activity that causes strain
- Anal sex
- Riding a bike for a long period of time

What increases the risks?

- Obese or overweight
- Constantly having constipation (difficulty passing stool)
- Are 50 years of age or older

How do I know that I have hemorrhoids?

- Pain
- Itching or pain in the buttocks
- The buttocks are bleeding
- Leaking stool
- One or more lumps around your buttock opening

How is this treated?

- Injecting medicine into the hemorrhoids to cause them to shrink
- Applying a type of light energy to the hemorrhoids, causing them to fall off
- Surgically removing the hemorrhoids or cutting off their blood supply

If you have been diagnosed with hemorrhoids, please contact your doctor or health care provider immediately if you are experiencing any of the following:

- Have pain and swelling that does not improve with treatment or medication
- You have trouble pooping
- Have pain or swelling in areas other than the hemorrhoids

If you have been diagnosed with hemorrhoids, please get help immediately if you are experiencing any of the following:

- You are experiencing continuous bleeding

Where can I get more information?

Canadian Digestive Health Foundation: cdhf.ca/digestive-disorders/hemorrhoids/

Reference: Hemorrhoids. (2021, June 10). Elsevier Inc: ClinicalKey for Nursing.
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