General Instructions

You have been scheduled to be seen in the Proctology Clinic. First, this visit will require some pre-appointment preparations and instructions. Second, the appointment itself will consist of getting education and information about your specific proctologic problem, and the actual proctologic procedure.

MEDICAL ISSUES YOU SHOULD BE AWARE OF BEFORE COMING IN TO THE PROCTOLOGY CLINIC.

Certain medications can cause some bleeding problems during or after your proctology exam and should be discontinued 7-10 days prior to your appointment. You can resume these medications 24 hours after the exam. These commonly-used products should be avoided: Bufferin, garlic, Anacin, Alka-Seltzer, Percodan, A.P.C. (aspirin-phenacetin-caffeine), Ascriptin, Empirin, Excedrin, Coricidin, Vanquish, Midol, Motrin, Advil, Ibuprofen, Pamprin, Naprosyn, Naproxen, Aleve, Indomethacin, vitamin E, gingko biloba, fish oil, Vioxx, Relafen, Celebrex or multi-vitamins.

- If you must take these medications or are not sure if you can discontinue them, then call the Surgery Clinic as soon as possible for advice. NOTE: you can take Tylenol (acetaminophen) for pain without problems if otherwise permitted. If you take insulin or other diabetic medications or are on heart medications, or any medication that is essential for your well-being other than the drugs mentioned above, then continue to take these medications without interruption.

- **If you take blood thinners, such as Coumadin (Warfarin) or Plavix that are specifically prescribed by a doctor, please contact the Surgery Clinic as soon as possible, before your appointment.**

Medical Problems

If you have specific medical problems that make it difficult to lie in a stomach-down position for short periods of time, please let the clinic know in advance. If you have any conditions that you think puts you at a higher risk for bleeding, please make us aware of it prior to your appointment. The advance notice will allow us to make special arrangements for you before you arrive.

Preparation for the Proctologic Exam

You should have a regular breakfast or lunch the day of your exam appointment.

An essential part of your prep is a Rectal Enema (Sodium Phosphate or Saline). The Rectal Enema should be administered at least two (2) hours prior to coming into the clinic for your exam appointment. This Enema is available over the counter and has easy-to-follow instructions. THIS ENEMA IS ESSENTIAL TO ASSURE A GOOD AND OPTIMAL PROCTOLOGIC EXAM THAT WILL MAXIMIZE THE PROVIDER’S ABILITY TO EFFECTIVELY EVALUATE AND TO TREAT YOU.
The Proctologic Exam

The actual proctologic exam takes only a few minutes and involves minimal discomfort during and after the procedure. This exam consists of two main parts: the evaluation and the treatment. The evaluation may consist of a digital rectal exam, and anoscopy. This evaluation may take 3-5 minutes. After the provider has determined what the problems are (if any) then he/she will discuss what can be done and then proceed to the treatment part of the exam. Treatment may consist of the following methods.

Banding of Internal Hemorrhoids

One of the most painless and efficient ways to treat enlarged symptomatic internal hemorrhoids is by placing two small rubber bands around the base of the hemorrhoid. This process takes less than a minute and involves only minimal discomfort which may last 10-15 minutes or longer. The hemorrhoid will then essentially "die" and fall off. Only 1-2 hemorrhoids will be banded at any one treatment. If you require more bandings, another appointment will be scheduled at a later date.

Injection Therapy

A small amount of phenol and almond oil are injected at the base of each internal hemorrhoid. This procedure results in fibrosis ("scarring") and contraction ("shrinking") of the hemorrhoid. You may experience some discomfort which may last 5 – 10 minutes and minimal bleeding the day of the injection.

Time Duration and Contacts

The whole visit at the Proctology Clinic should take no more than 30 minutes. If you need to contact the Surgery Clinic for anything, please call (408) 851-2000 M-F 8:30a-5p and ask to speak to one of the proctology nurses.