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 medications usually involve common anti-inflammatory drugs such as aspirin (bufferin & Anacin), ibuprofen (Motrin & Advil), Aleve, and Naprosyn (Nupren). Also stop all garlic, vitamin E and Fish oil products. 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 & vicodin) 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 are on coumadin (warfarin) or plavix 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 lay in a stomach-down position or even flat on your back 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 eat a regular meal the night before your exam. Avoid eating late at night or just before sleeping. You should also have a light breakfast. There are no restrictions on liquid intake.

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. 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 treatments.

**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. 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, it will be rescheduled at a later time.

**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 and bleeding the day of the injection. 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.

**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.