

Self Care Information for Patients: Haemorrhoids (Piles)

Summary

Do you have haemorrhoids? If so, it can and should be treated without seeing a doctor. They often get better on their own after a few days. Speak to your pharmacist about treatment for haemorrhoids.

What can you do to help?

- Drink plenty of fluids and increase fibre intake to keep your poo soft.
- Cut down on alcohol and caffeine, and exercise regularly helps to reduce constipation.
- Use an ice pack wrapped in towel to ease discomfort.
- Take paracetamol to relieve pain but not painkillers containing codeine e.g. co-codamol which can cause constipation. Do not take ibuprofen if your piles are bleeding.
- Avoid delaying going to the toilet.
- Not spending more time than you need to on the toilet.
- Do not push too hard when pooing .
- Wipe your bottom gently with damp toilet paper.

When shall I see a General Practitioner (GP)?

- There is no improvement after 7 days treatment at home or you keep getting piles.
- Your temperature is very high or you feel hot and shivery and generally unwell.
- There is pus leaking from your piles.
- The bleeding from your piles is non-stop, contains clots or you are in severe pain.

Document History

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