

Haemorrhoids are lumps inside and around your anus (back passage), they can be caused by constipation or straining when going to the toilet and they often get better on their own after a few days. Speak to your community pharmacist first about treatment for haemorrhoids

What can I do to treat and prevent haemorrhoids?

- Drink plenty of fluids and eat plenty of fibre intake to keep your poo soft.
- Cut down on alcohol and caffeine, and exercise regularly to avoid 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
- Do not spend more time than you need to on the toilet
- Do not push too hard when pooing
- Wipe your bottom gently with damp toilet paper
- Take a warm bath to ease itching and pain



When shall I seek help from my 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

