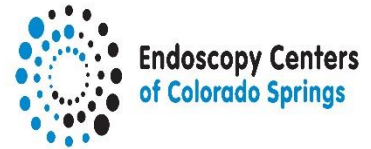




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What is Infrared Coagulation Therapy?

Infrared coagulation therapy (IRC) is a non-surgical outpatient procedure used for the treatment of small to medium sized hemorrhoids. This treatment is only for internal hemorrhoids. During the procedure, the doctor uses a small probe to painlessly deliver a few short bursts of infrared light to the hemorrhoid. The heat produced by the infrared light quickly coagulates, or clots, vessels supplying blood to the hemorrhoids. The infrared coagulation causes the enlarged hemorrhoidal tissue to shrink and recede. Shrinkage of the hemorrhoidal tissues may take a few weeks. IRC causes less pain and has fewer complications than other hemorrhoid treatments such as rubber band ligation.

How to prepare for your IRC:

- No special dietary restrictions are required prior to the procedure.
- Since IRC is performed without sedation, you may safely operate a car to and from the procedure.

What to expect the day of your IRC:

- Plan to arrive 30 minutes prior to your scheduled procedure time.
- The IRC procedure usually takes about 5-10 minutes.
- For the procedure, you will lie on your left side. An anoscope is inserted into the rectum to allow visualization of the hemorrhoids. The IRC instrument is then placed on the hemorrhoid tissue and the infrared light heat is applied.
- Some patients feel warmth in the anal/rectal area as the infrared light is applied. Many only feel minimal discomfort throughout the procedure.

What to expect after your procedure:

- Any sensation of warmth in the anal/rectal area that you experience during or after the IRC procedure should lessen within an hour.
- A small percentage of patients may experience minimal discomfort, lasting from a week to 10 days after your procedure.
- There may be minor post-procedure bleeding or spotting for a few days.
- Minor rectal bleeding may occur 7-14 days after the treatment when the treated hemorrhoid falls off. Bleeding is usually slight and stops by itself.
- You may return to your normal activities.

Recommendations after your procedure:

- Avoid straining or heavy lifting for a few days.
- Drink plenty of fluids.
- Use a stool softener, if needed, to ensure smooth bowel movements and reduce straining.
- Take Tylenol for minor discomfort; avoid aspirin and ibuprofen for 2-3 days.
- Sit in a shallow tub of warm water (sitz bath) for 15 minutes at a time to relieve discomfort.

Will the hemorrhoids come back?

- Millions of patients have been treated with IRC and experience tells us that hemorrhoids treated with IRC generally do not come back. Some patients may require more than one treatment due to the severity of their symptoms, location of the hemorrhoids, and their individual response to the procedure. A sensible diet, moderate exercise, and proper bowel habits will help prevent hemorrhoids from reoccurring.

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.