

## HAEMORRHOIDS – MANAGEMENT

### CRITERIA BASED ACCESS

A referral to secondary care for treatment of Haemorrhoids will be funded only if:

- Conservative management has failed. Conservative management techniques include:
  - Altering the patient's diet to increase intake of fibre and water
  - Hydrotherapy to improve the condition with warm bath causing the vessels around the rectal region to be relaxed.
  - Cold compress
  - Pain relief (systemic and topical)
  - Topical corticosteroid
  - Topical vasoconstrictor
  - Topical moisturiser
  - Topical astringent

AND

- the patient suffers from Haemorrhoids which are recurrent and cannot be reduced.

Where appropriate the patient should be considered for banding.

Where a patient is suffering from persistent rectal bleeding a referral to exclude rectal cancer may be appropriate.