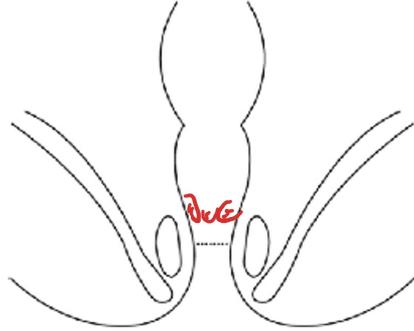


Dr Susan Shedda

Colorectal Surgeon

Suite 202, Level 2
55 Flemington Road
North Melbourne, VIC, 3051
Tel: 03 9328 8890

1st -2nd Degree HAEMORRHOIDS



Patient: <Patient Full Name>□□

Date: [Selected Appointment Start Time]

Treatment Options

- Conservative Treatment
- Colonoscopy/Flexible Sigmoidoscopy
- Rubberband Ligation
- HALRAR
- Haemorrhoidectomy

Laxatives:

- Metamucil/ Benefibre – dosage as per instructions on packet
- Coloxyl - as per instructions on packet
- Lactulose – 20ml twice a day

It is very important that you avoid straining your bowel and maintain a high fibre and high fluid intake to achieve a soft easily passed bowel motion, with the consistency of toothpaste.

Please contact our office as soon as possible on 9328 8890, if you develop any of the following symptoms:

- Heavy rectal bleeding.
- Severe pain not relieved by pain killers.
- Temperature more than 38°.
- Worsening swelling or lump.

Please notify us immediately if you suspect you are pregnant or are breastfeeding, while you are undergoing treatment.

This information is for general use and further information will be discussed with you at your appointment. If you have any further questions which have not been answered, please contact me on 9328 8890.