

Your first proctology appointment

You have been referred to a proctology consultation at Máxima MC for further examination. To ensure you are properly prepared for your appointment, we would appreciate it if you could carefully read this brochure.

Preparation

- Complete the digital questionnaire before your appointment. This will be sent to your email address via medify together with an instructional video.
- You can eat and drink as normal.
- In case of possible treatment for your haemorrhoids, please take two 500 mg paracetamol tablets one hour prior to your consultation.
- Make sure you bring someone with you to take you back home after your treatment.
- Make sure you bring an up-to-date overview of your medication.
- If you are using any blood-thinning medication, you should make this clear. Do not stop taking your blood-thinning medication.
- If you are taking blood-thinning medication prescribed by the thrombosis clinic, the outpatient clinic will notify the thrombosis clinic.
- On the day of your visit to the outpatient clinic, the thrombosis clinic will need to take a blood sample.
Please note, this only applies to patients who are taking blood thinners so that the Surgeon knows what your INR value is. You will receive a message from the thrombosis clinic in relation to this.
- The above steps in relation to your blood-thinning medication must be repeated every time you visit us for a checkup during which you may receive treatment.

As a first step, the doctor will ask you about your symptoms, about any other conditions you may have, about any surgery you have had in the past and about the medication you are taking (see the questionnaire below). This conversation will be followed by a physical examination. Once you have undressed your lower half, you will need to lie down on the examination table on your left side.

First, the doctor will take a look at your anal region. Next, they will use their finger to feel the inside of your anus and anal canal. While doing so, they will check for any skin conditions, fistulas, fissures and inflammation. If necessary, a lubricated optical tube (proctoscope) with a lamp will be inserted to examine the final 10 cm of your rectum. You may feel some pressure during this proctoscopy, but the procedure is practically painless, especially if you relax. As such, no anaesthetic is necessary. Following this conversation and physical examination, it will usually be clear how we can help you.

The information in this leaflet is of a general nature and is meant to give you an idea of the care and information that you can expect. Other advice or procedures may apply depending on your situation. This leaflet only serves as an addition to the specific information from your specialist or practitioner.

Immediate treatment

If your haemorrhoids are enlarged, we may decide to treat you immediately. If so, the doctor will grasp a section of your enlarged haemorrhoids using a suction tool in the lubricated optical tube. They will then launch a rubber band around the tissue they have grasped. The rubber band will partially constrict the blood flow. If necessary, multiple rubber bands (up to a maximum of four) will be applied. These rubber bands will come off by themselves.

After your treatment

After your treatment, you will get off the examination table, and the doctor will provide further information and post-treatment care advice. People often experience a feeling of pressure after this treatment (as if you need to go to the toilet), which may last for a couple of days. You may also notice a little more bleeding for a while.

All of this information can also be found in the brochures you will be given. The doctor may recommend repeating this treatment. If so, you will make the necessary arrangements together.

Contact

- If you have any questions or would like to schedule an appointment, feel free to contact the Surgery outpatient clinic on telephone number +31 40 888 85 50 between 08:30 and 17:00 on working days.
- Proctology consultations focus especially on anal problems and take place at our Eindhoven location (first floor, route 111).