
Hemorrhoid Treatment by Infrared Coagulation - Preparation Instructions

Patient Name: _____

Procedure date: _____ Check in at _____ am/pm

At our _____ facility with Dr. _____

About Infrared Coagulation:

Infrared Coagulation (IRC) is mostly performed in an office setting to treat hemorrhoids. It is the preferred method of choice, because it is efficient, well tolerated by most patients, and has limited side effects. A small probe contacts the area above the hemorrhoid, exposing the tissue to a burst of infrared light for about a second. This coagulates the veins above the hemorrhoid causing it to shrink and recede. The patient may feel a sensation of heat very briefly, but it is generally not painful. Anesthetic is usually not required.

What to bring and do prior to your procedure:

- Please bring your PHOTO ID and INSURANCE CARD.
- You should plan on being at our facility for at least 45 minutes.
- Read prep instructions THOROUGHLY.

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR APPOINTMENT, YOU MUST DO SO 3 BUSINESS DAYS PRIOR TO YOUR APPOINTMENT DATE OR A CANCELLATION FEE MAY BE ASSESSED.

Please read all instructions carefully

- Please contact our office at 303.604.5000 if you have any questions or concerns.

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2 days before your exam:

- Purchase 1 Plain Fleet Enema from the pharmacy.
- If you have a tendency towards constipation, you should purchase 2 enemas.

The day of your exam:

- All medications may be taken as usual.
- **One to one and a half hours before leaving home:** Give yourself the first enema. Hold as long as possible, up to 20 minutes, and then expel it. Allow yourself to rest for a few minutes. Repeat with second enema if you have a tendency towards constipation, again holding for no more than 20 minutes.
- **DO NOT EAT OR DRINK ANYTHING AFTER TAKING THE ENEMAS.**

*** If you feel the prep is not working, please call our office 303.604.5000. ***