

# Infrared Coagulation (IRC) Hemorrhoid Treatment Preparation Instructions

## About Infrared Coagulation:

Infrared Coagulation (IRC) is mostly performed in an office setting to treat hemorrhoids. It is 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.

## Please read all the instructions THOROUGHLY!

- ☐ Please contact our office at **303-604-5000** if you have questions or concerns.

## 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.
- ☐ **1 to 1 ½ 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 at 303-604-5000. \*\*\*

### Procedure Cancellation Notice Requirements:

- Procedure cancellations must be made **three (3) business days prior to your appointment.**
- Failure to provide the required advance notice will result in a **\$50 Total Cancellation Fee.**