

First Visit Guide

We're here to support you every step of the way as you start your hemorrhoid treatment journey! This guide will help you prepare for your initial consultation, so you know what to expect and how to make the most of your visit.

1

Before Your Visit

What to Bring:

- Photo ID and Insurance information and card
- List of medications
- Recent lab results (last 12 months) if available
- Recent Colonoscopy, Sigmoidoscopy, or Rubber Band Ligation report if available

2

During Your Visit



Initial Discussion:

Your doctor will begin by reviewing your medical history, current symptoms, and any previous treatments. This conversation helps identify potential causes of your discomfort and determine whether your symptoms are consistent with hemorrhoids or another condition.

Examination:

A visual examination of the anal area is usually performed to confirm the presence and severity of hemorrhoids. An anoscopy (a thin, lighted tube) is used to verify the presence of internal hemorrhoids. A sigmoidoscopy may be ordered to examine the rectum and lower colon more closely, ensuring an accurate diagnosis.

Treatment Plan:

Once the diagnosis is confirmed, your doctor will outline a personalized treatment plan. This may include Hemorrhoid Artery Embolization (HAE), a minimally invasive procedure to relieve pain, reduce swelling, and prevent recurrence, along with lifestyle recommendations, topical or oral medications. Each option will be explained in detail so you understand its benefits, potential risks, and expected results.

3

Resources



Resources and Tips:

- Don't hesitate to ask your doctor about your condition or treatment options
- Discuss the next steps, including additional tests or appointments
- [Browse through real patient stories](#)
- [Explore our blog articles](#)

Questions?
Call 855-805-4247

**Consult a Hemorrhoid
Specialist**