

# HAEMORRHOIDS

## CRITERIA BASED ACCESS

### Condition

Haemorrhoids, also known as piles, are common. They are swellings containing enlarged blood vessels found inside or around the rectum and anus. The symptoms of haemorrhoids often clear up on their own, or by using simple treatments that can be bought from a pharmacy without a prescription. Anal skin tags are often mistaken for haemorrhoids.

This policy does not include patients with suspected malignancy who should continue to be referred under 2 week wait pathway rules. Where it is subsequently confirmed that a suspect lesion is benign, this policy will continue to apply.

### Criteria for referral into secondary care

A referral to secondary care for treatment of haemorrhoids will be funded only if:

- The Haemorrhoids are symptomatic;

### AND

- The Haemorrhoids have not responded to six months of conservative management\* in primary care.

*Conservative management techniques in primary care should include, as appropriate the following:*

- *Altering the patient's diet to increase intake of fibre and water;*
- *Hydrotherapy to improve the condition with warm bath causing the vessels around the rectal region to be relaxed;*
- *Cold compress;*
- *Pain relief (systemic and topical);*
- *Topical corticosteroid;*
- *Topical vasoconstrictor;*
- *Topical moisturiser;*
- *Topical astringent.*

### Treatment in secondary care

Outpatient treatments should generally be offered in the first instance, due to the pain associated with inpatient procedures.

Further patient information can be found on NHS Choices at  
<http://www.nhs.uk/Conditions/Haemorrhoids/Pages/What-happens-page.aspx>

### References

#### Condition and treatment

<http://www.nhs.uk/Conditions/Haemorrhoids/Pages/What-is-it-page.aspx>  
<https://www.nice.org.uk/guidance/IPG342/chapter/2-The-procedure>

#### Criteria

<https://www.rcseng.ac.uk/library-and-publications/college-publications/docs/rectal-bleeding-guide/>  
<https://cks.nice.org.uk/haemorrhoids#!scenario>

Reference:	Policy Name	Date of WCAG	Date of QCAG	Review Date	Version
BW-CP036	Haemorrhoid Treatment	18/04/2017	02/05/2017	May 2020	3