

**CENTER FOR COLON AND RECTAL HEALTH, INC.**  
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**PPH PROCEDURE**

PPH (Procedure for Prolapse and Hemorrhoids) is an innovative alternative to conventional surgery for treatment of prolapsing and/or bleeding hemorrhoids. For many patients it is a remarkably less painful approach to the treatment of hemorrhoidal swelling, protrusion, and bleeding. Performed on an out-patient basis, the procedure works by pulling the prolapsed hemorrhoids back into the anal canal where they belong. It also severs the blood vessels that connect directly with the abdomen, thereby reducing the future likelihood of swelling. This procedure does not remove any external hemorrhoidal tissue, therefore, it may not relieve all complaints. Only a thorough evaluation by an experienced Colon and Rectal Surgeon can determine whether this procedure will be of benefit to you.

**BEFORE YOUR PROCEDURE:**

1. Stop any blood thinning medication one week prior to your procedure. Examples of such medications are: Aspirin, Ibuprofen, Coumadin, Plavix, Naprosyn, Aleve, and Daypro.
2. Stop all herbals and dietary supplements one week prior to the procedure.
3. Begin taking a fiber supplement such as Konsyl, Metamucil, or Citrucel one week prior to the procedure.
4. Do not eat or drink anything after midnight the evening before your procedure.
5. You may have nothing to eat or drink on the morning of your procedure (no gum, no hard candy, no mints, etc.).
6. On the morning of your procedure use a water saline Fleet enema (green and white box) at least one hour before going to the hospital.
7. If you are a diabetic, please contact your primary physician at least one week ahead for advice on taking your medication on the day of your procedure.
8. If you have high blood pressure or heart disease, please take your medications on the morning of your procedure with a small sip of water.
9. If you drive yourself to the hospital, you **must** arrange for someone to pick you up and drive you home. Otherwise, the hospital will not discharge you.