

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

THD (Transanal Hemorrhoidal Dearterialization) is another alternative to traditional hemorrhoid surgery. Hemorrhoids are just dilated blood vessels that have an artery that fills the hemorrhoid and a vein that drains the hemorrhoid. By ligating the blood supply to the hemorrhoid, they will no longer fill with blood and, therefore, will shrink down to normal size. In addition, any portion of the hemorrhoid that prolapses (pops out during evacuation) will be sewn back up inside. Since no tissue is removed, it does carry less discomfort than traditional hemorrhoid surgery.

**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.