

**Maryland Digestive  
Disease Center**

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## Patient Instructions for Infrared Coagulation of Hemorrhoids (IRC)

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Arrival Time for Procedure:** \_\_\_\_\_

**With Doctor:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**YOU MUST PURCHASE:**  
**(2) 4.5 fl. oz. size enema.**

### **Infrared Coagulation of Hemorrhoids**

Infrared coagulation is a procedure used for the treatment of hemorrhoids. The procedure involves the application of infrared light to the base of the hemorrhoid, which clots the hemorrhoid. There are usually three different areas inside the rectum where the hemorrhoids occur, and they are referred to as complexes. One area, or complex, is treated at each office visit. Although the patient will occasionally feel a little warmth, there generally is minimal pain or discomfort. The patient may return to work the same day or the next day. Occasionally a little bleeding will occur between the fourth and tenth day after treatment. The patient returns in approximately 1 month for follow-up treatment.

In order to be properly prepared for your procedure, please review the Pre-Procedure requirements on the attached sheet **one week** prior to your exam and follow the instructions carefully.

Should you have any questions please contact one of our office locations listed below.

**LAUREL, MD**

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|--|--|--|
| <b>Appointment Day</b><br><b>M Tu W Th F</b> | <b>Date</b> _____<br><b>Arrival Time</b> _____   | <b>Capital Digestive Care, LLC</b><br><b>Maryland Digestive Disease Center</b> |
| <b>5 Days Before Procedure</b>               | <ul style="list-style-type: none"> <li>• <b>Purchase (2) 4.5 fl. oz size enemas</b></li> </ul>   |  |
| <b>Day of Procedure</b>                      | <ul style="list-style-type: none"> <li>• <b>An hour &amp; a half before your appointment take the first enema, hold it in for 5 minutes and then release into the toilet. Repeat immediately with the second enema.</b></li> <li>• <b>Do not eat anything after you have taken the 2 enemas</b></li> <li>• Follow the instructions provided on the enema package for the proper technique for the insertion of the enema into the rectum.</li> <li>• If you are unable to read or communicate in the English language, please bring an interpreter with you to translate.</li> </ul> <p style="text-align: right;">11/11/13 gg</p> |  |

Please note there is a cancellation fee for appointments not cancelled within 48 hours.