

## **Understanding NICE guidance**

---

Information for people who use NHS services

# **Stapled haemorrhoidopexy for the treatment of haemorrhoids**

*NICE 'technology appraisal guidance' advises on when and how drugs and other treatments should be used in the NHS.*

This leaflet is about when **stapled haemorrhoidopexy** should be used to treat people with haemorrhoids in the NHS in England and Wales. It explains guidance (advice) from NICE (the National Institute for Health and Clinical Excellence). It is written for people with haemorrhoids but it may also be useful for their families or carers or anyone with an interest in the condition.

It does not describe haemorrhoids or the treatments in detail – a member of your healthcare team should discuss these with you. Some sources of further information and support are on the back page.



*This may not be the only possible treatment for haemorrhoids. Your healthcare team should talk to you about whether it is suitable for you and about other treatment options available.*

## What has NICE said?

Stapled haemorrhoidopexy is recommended as a possible treatment for people with prolapsed internal haemorrhoids if:

- it is carried out with a circular stapler designed for treating haemorrhoids in this way
- surgery is considered to be a suitable treatment for their condition.

## Haemorrhoids

Haemorrhoids, also known as piles, are enlarged and swollen blood vessels in or around the lower rectum and the anus. (The lower rectum is the final part of the bowel and the anus is the opening at the end of the bowel.) Haemorrhoids are not life-threatening, but they can cause itching, bleeding and pain. Internal haemorrhoids develop in the lower rectum, a few centimetres above the opening of the anus. If they extend out of the opening of the anus, they are described as 'prolapsed'.

## Stapled haemorrhoidopexy

In stapled haemorrhoidopexy a specially designed circular stapler is inserted into the rectum. It is used to cut out a strip of the tissue above the haemorrhoids in an area of the rectum that doesn't feel much pain. The operation helps to reduce the haemorrhoids. It also helps shrink the remaining haemorrhoids by reducing their blood supply and makes them less likely to extend out of the anus.

## What does this mean for me?

When NICE recommends a treatment, the NHS must ensure it is available to those people it could help, normally within 3 months of the guidance being issued. So, if you have haemorrhoids, and your doctor thinks that stapled haemorrhoidopexy is the right treatment for you, you should be able to have the treatment on the NHS. Please see [www.nice.org.uk/aboutguidance](http://www.nice.org.uk/aboutguidance) if you appear to be eligible for the treatment but it is not available.

## More information

The organisations below can provide more information and support for people with haemorrhoids. Please note that NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

- Continence Foundation, 0845 345 0165,  
[www.continence-foundation.org.uk](http://www.continence-foundation.org.uk)

NHS Direct online ([www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)) may be a good starting point for finding out more. Your local Patient Advice and Liaison Service (PALS) may also be able to give you further advice and support.

## About NICE

NICE produces advice (guidance) for the NHS about preventing, diagnosing and treating different medical conditions. The guidance is written by independent experts including healthcare professionals and people representing patients and carers. They consider all the research on the disease or treatment, talk to people affected by it, and consider the costs involved. Staff working in the NHS are expected to follow this guidance.

*To find out more about NICE, its work and how it reaches decisions, see [www.nice.org.uk/aboutguidance](http://www.nice.org.uk/aboutguidance)*

*This leaflet and other versions of the guidance aimed at healthcare professionals are available at [www.nice.org.uk/TA128](http://www.nice.org.uk/TA128)*

*You can order printed copies of this leaflet from the NHS Response Line (phone 0870 1555 455 and quote reference N1335).*