

You have been scheduled for a procedure called Infrared Coagulation of Hemorrhoids (IRC) at the UNC Endoscopy Center. Please read the following information carefully.

What is an IRC?

An IRC is a non-surgical approach to shrink hemorrhoids. During the procedure you will lie on your left side. The physician will inspect the perianal region and then insert a small instrument (an anoscope) into the anus and rectum. The physician will then pass an infrared light wand through the anoscope and apply infrared light. With each light application of infrared light you may feel a brief burning discomfort, which rarely lasts more than a few seconds.

Approximately one-half of patients receive sedation prior to their IRC and the other half do not. This decision is made either at a pre-procedure visit or at the first IRC appointment.

If you will NOT receive sedation for the IRC procedure:

- *What to eat:* you may eat a regular diet.
- *What to drink:* there are no restrictions.
- *Preparation:* For the doctor to perform the best examination possible, the rectum must be clean. Two hours prior to leaving for the appointment take one Fleet's enema (available over the counter at drug stores) following the instructions that come with the enema. In order to obtain the maximum benefit, it is important to hold the enema as long as possible before expelling.
- You do not need to be accompanied by an adult companion.
- After the IRC the doctor will explain the results of the procedure, and also give you a report and instructions. You will then be able to drive yourself home. You may return to work.

If you will receive sedation for the IRC procedure:

- *What to eat:* on the day of the procedure you must not eat any solid foods, suck candy, or chew gum until AFTER the IRC is over.
- *What to drink:* You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 3 hours before the IRC.
- *Preparation:* For the doctor to perform the best examination possible, the rectum must be clean. Two hours prior to leaving for the appointment take one Fleet's enema (available over the counter at drug stores) following the instructions that come with the enema. In order to

obtain the maximum benefit, it is important to hold the enema as long as possible before expelling.

- Because sedative medications can impair your ability to drive, **when you come for the IRC you must be accompanied by an adult who can drive you home after the test.** The IRC will not be performed unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.
- After the IRC is completed we will observe you in a recovery area for approximately 30 minutes. Before you leave, the doctor will explain the results of the procedure, and also give you a report and instructions. You will not be able to drive or go back to work for at least 12 hours.

After your IRC we suggest the following:

1. Use Anusol HC suppositories once each night for seven days. We will provide a prescription.
2. Avoid aspirin (unless medically necessary) and non-steroidal anti-inflammatory medicines (e.g., Motrin or Advil) as they may increase the likelihood of post-procedure bleeding.
3. Avoid straining and heavy lifting, if possible.
4. If recurrent bleeding or significant discomfort occurs, call the endoscopy center (919-843-7200) or, if after hours, GI physician on call (919-966-5563).
5. If you have some soreness or discomfort, you may take two acetaminophen tablets every four hours as needed.

If you have any questions or need to reschedule your exam please call 984-974-5050.

For urgent questions after hours, please call at 984-974-1000 to have the GI fellow paged.