

Babak N. Rad, M.D.
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Rubber Band Ligation

Before Procedure:

- 1) Please STOP or AVOID taking aspirin, ibuprofen, Plavix, or NSAID's (e.g. Celebrex, Naprosyn, Alleve) for 10 days prior to the procedure.
- 2) If you are taking coumadin: STOP coumadin 5 days prior to procedure if okay with your primary care doctor or cardiologist.
- 3) Please perform one (1) Fleet enema one hour prior to your appointment time. Hold enema for approximately 3-5 minutes prior to evacuation.

After Procedure:

- Call Dr. Rad immediately if you experience:
 - 1) fever
 - 2) excessive bleeding
 - 3) worsening pain
 - 4) difficulty with urination
- Colace 100 mg (over the counter stool softener)- take one pill twice a day
- Avoid strenuous activities/heavy lifting for the one week following the procedure