

Babak N. Rad, M.D.
510 Superior Avenue, Suite 200-G
Newport Beach, Ca 92663
(949)791-6767

Rubber Band Ligation

Before Procedure:

- 1) Please STOP or AVOID taking aspirin, ibuprofen, Plavix, or NSAID's (e.g. Celebrex, Naprosyn, Alleve) for 7 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. If you are taking any other form of a blood thinner, please inform our office and you will be directed as to when to stop taking the medication.
- 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