

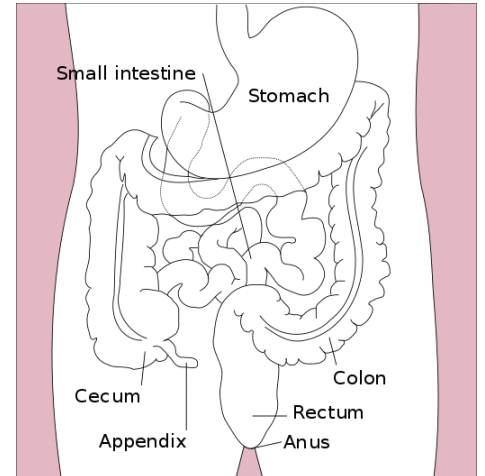
## Hemorrhoids

### What are hemorrhoids?

Hemorrhoids are swollen veins in the anus or rectum. They can be inside the body (rectum) or outside the body (anus). They can cause itching and pain. Sometimes they can also bleed when your child poops. When hemorrhoids are outside the body, they might be seen or felt. Hemorrhoids are blue or purple when they are full of blood. Sometimes they look like loose skin if they are not full of blood.

### What causes hemorrhoids?

Constipation is the most common cause. Constipation means your child's poop is hard and dry. This makes it hard for them to poop. Sitting on the toilet and working hard to poop without being able to go (straining) can cause hemorrhoids. Your child's poop should be soft and a normal size. It should be easy to flush down the toilet.



### Should my child go to the doctor?

Your child should see a provider if there is any bleeding when they poop or if their poop looks black and sticky, like tar. No test is needed if a doctor can see the hemorrhoid during an exam. If there is a concern, your provider may suggest a test.

### What treatments may help my child?

- Medicine.
  - Your provider may suggest a stool softener medicine. The medicine will soften your child's poop. This makes it easier for your child to poop.
  - It's best to not use laxatives unless your provider tells you to.
  - They may also suggest a cream or ointment. This can help with pain or itching.
- Diet changes. Your provider will talk to you about changing the food your child eats. This may help keep their poop soft.
- Loose clothing. If your child wears underwear, loose fitting clothes helps air flow around the anus. This will keep the area dry.
- Bath. Some children feel better if they soak their butt in 2 to 3 inches of warm water each day. The bath should not have soap or bubble bath in it.
- Do not have your child sit on the toilet for longer than 3 to 5 minutes. Sitting too long on the toilet puts a lot of pressure on the veins in the anus.

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## What can I do to keep my child from getting more hemorrhoids?

It is most important to keep your child from getting constipated. Your child should:

- be active. Physical activity is important because it helps them poop better.
- get enough fiber and water.
- be able to poop without straining.
- only sit on the toilet for 3 to 5 minutes.
- have a stool to put their feet on.

## Is surgery necessary?

Surgery is rarely done in children. Your doctor will let you know if it is needed.

## Other teaching sheets that may be helpful

- Constipation 1844
- Increasing fiber in your child's diet 1471
- Anal fissure and anal skin tags 1760

**ALERT:** Call your child's doctor, nurse, or clinic if you have any concerns or if your child:

- has a hemorrhoid that will not disappear after they have gotten off the toilet.
- has bleeding that does not stop.
- has constipation that does not improve with treatment.
- has special health care needs not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**