

What to know and when to get help

Hemorrhoids are common and can usually be easily treated and prevented. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Sitting in warm tub or sitz bath for 10 minutes several times a day
- Using over-the-counter hemorrhoid medicine
- Avoid straining during bowel movements
- Drinking plenty of water and eat a high fiber diet



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Rectal pain and tenderness despite over-the-counter treatment
- Persistent blood in your stool or on the toilet tissue



Go to the ER or dial 911 if you have:

- Severe pain
- Increased bleeding
- High fever

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.