

## Patient information leaflet: **HALO Procedure**

### **Causes and symptoms**

Haemorrhoids (also known as piles) are swollen and inflamed veins in the rectum or anus. They are caused by an increase in pressure in the lower rectum from straining during bowel movements, sitting for long periods of time, chronic constipation or diarrhoea, being overweight or obese, pregnancy, low-fibre diet, spinal cord injury or poor posture.

Haemorrhoids are common and occur in most people at some stage during their lives. They tend to occur more frequently later in life due to age-related weakening and stretching of the tissues supporting the veins in the rectum. Typical symptoms are pain, itching and bleeding around the anal area.

### **Pioneering Haemorrhoid Treatment**

The Manchester Haemorrhoid Centre provides the HALO Procedure, a minimally invasive treatment option for haemorrhoids that requires minimal after-care.

The benefits include:

- Virtually pain free treatment
- Highly effective treatment that benefits pregnant women
- A walk in, walk out treatment that does not require overnight stay
- Return to your daily activities immediately
- Revolutionary, safe and highly effective
- Immediately relieves symptoms
- Good, long-term results

### **The HALO Procedure**

The Haemorrhoidal Artery Ligation Operation (HALO) is designed to eradicate piles without the need for cutting or a general anaesthetic. It uses a miniature Doppler ultrasound device to locate all the arteries supplying the haemorrhoids as they come down from the rectum under the lining of the bowel. The device also has a small window which allows a stitch to be placed around the artery thus cutting off the blood supply to the pile. During the course of the procedure all the arteries supplying the piles are located (up to six) and tied off. Over the next few days and weeks the pile shrinks away and the symptoms resolve.

The basis of the procedure is to restore the haemorrhoids back to their anatomical position, and occlude the blood supply to the vascular cushions forming the haemorrhoids, resulting in them shrinking. The operation is best performed under general or spinal anaesthesia.

All stages, including stage three and stage four haemorrhoids can now be treated with this technique by the addition of an Anopexy, or Recto-Anal Repair. The latter is performed in addition to the HALO and involves the application of internal sutures designed to restore normal anatomy. The Anopexy can be associated with some post-operative discomfort which can last 24-48 hours.

A miniature Doppler ultrasound device locates branches of arteries supplying the haemorrhoids. These blood vessels are tied off, and the haemorrhoid shrinks over the subsequent days and weeks.

Because the stitch is placed in the lower rectum where there are virtually no sensory nerves the procedure is pain-free. Advanced developments to this technique now means that in addition, an Anopexy to return the prolapsing haemorrhoids back into rectum can now be performed.

The new modified instrument allows the placement of stitches internally to lift the prolapsing tissue.

This technique offers a real choice to treat a variety of stages of haemorrhoids including stage four haemorrhoids without the need to cut any tissue and therefore avoids any complications associated with those techniques. It is relatively painfree and 85% of patients have complete resolution of their symptoms and over 90% are thoroughly pleased with the results even if there are minor residual symptoms.

### **Other Treatment Options**

Please note that the HALO Procedure may not be suitable for everyone. More serious or repeat cases of haemorrhoids may require medication or a surgical procedure, with around one in every ten people eventually needing surgery. As well as HALO, we offer a wide range of surgical treatment options that can be used to treat haemorrhoids, which all usually involve either removing the haemorrhoids or reducing their blood supply, causing them to shrink. The Manchester Haemorrhoid Centre also offers other traditional surgical treatment options for Haemorrhoids. These can be discussed with your consultant at your consultation.

### **Who are we?**

The Manchester Haemorrhoid Centre provides a comprehensive, expert diagnostic and treatment service for a wide aspect of surgical procedures. From minor surgery to fibre-optic endoscopy, bowel cancer surgery, advanced keyhole 'laparoscopic' surgery and ground-breaking treatment for haemorrhoids and colorectal disorders, our team are highly experienced and leaders in their field.

### **Find Out More**

Based at BMI The Alexandra Hospital, The Manchester Haemorrhoid Centre provides a comprehensive diagnostic and treatment service for haemorrhoids and other colorectal disorders. To find out more about your treatment options or to make a self-referral, please telephone us on **0161 495 7046** or email [gabriella.rocco@bmichoice.co.uk](mailto:gabriella.rocco@bmichoice.co.uk) to speak to a member of our team.

