

SUCCESSFUL CONSERVATIVE MANAGEMENT (LOOP) IN PATIENT ON ANTI-COAGULANTS WITH BLEEDING HEMORRHOIDS CAUSING SEVERE ANEMIA:
AVOIDANCE OF HIGH-RISK EMERGENCY SURGERY

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Purpose/ Background

Patient on anti-coagulants having severe anemia (Hb<7g/dl) due to bleeding hemorrhoids can pose a serious therapeutic challenge. Anti-coagulants cannot be stopped and they make surgery risky. Any recovery by blood transfusions is rapidly neutralized by continuous bleeding. Both operative and non-operative management are equally difficult. LOOP protocol is a novel and easy way of managing this situation non-operatively.

Methods/ Interventions

Defecation involves increased intra-abdominal pressure which enhances pressure in hemorrhoidal plexus leading to its rupture and bleeding. Daily defecation induced increased hemorrhoidal vein pressure not only increases bleeding but also neutralizes the attempts of healing the ruptured veins by the body. In this difficult situation, if the process of defecation(and increased pressure in hemorrhoidal veins) can be put on hold for 7 days, then not only the daily bleeding will decrease/stop but the body would also be able to heal the ruptured veins easily. This is done by LOOP(Figure-1), which aims to prevent defecation process for 7 days and takes care of nutrition.

Results/Outcome(s)

LOOP was given for 7 days in three patients(57-year/male,Hb-4.8, 32 year/male, Hb-5.3 & 37-year/female,Hb-5.2). Rubber-band ligation and a proctoglysis enema was given on the first day. The bleeding stopped completely in all the patients with hemoglobin reaching satisfactory levels after 3 weeks (9.6, 10.2 & 9.9 respectively). No blood transfusion was required in any of the patients.

Conclusions

LOOP is an effective conservative management of bleeding hemorrhoids with severe anemia. It prevents emergency surgery and the need of blood transfusion in the difficult and risky situation.

Conflict of Interest: Nil for the author

Figure-1

<u>LOOP</u> stand for L - Liquid diet having zero fiber and an enema on the first day to evacuate rectum O - Oral rehydration solution O -Office procedure(banding or injection sclerotherapy), as per need, for actively bleeding hemorrhoids P - Protein supplementation(50-60 grams/day)
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