

## Position statement on the prescribing for swollen haemorrhoids in adults

Following the NHS England guidance 'Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs' (March 2018) the following changes to prescribing have been agreed across Barking and Dagenham, Havering and Redbridge.

**From 16 March 2021**  
**Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGS) no longer supports the prescribing of treatment for the symptomatic relief for swollen haemorrhoids**

### Decision

The decision to stop treatment for the symptomatic relief of swollen haemorrhoids applies to ALL patients across Barking and Dagenham, Havering and Redbridge unless the patient fall into one of the exceptions listed below.

If symptoms are not improving or responding to treatment, then patients should be encouraged to seek further advice from a pharmacy, NHS app, NHS website or NHS 111.

For care home patients: access to treatment should be considered via a care home policy.

### Exceptions

BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue in primary care for:

- Patients who exhibit 'red flag' symptoms should be referred or treated accordingly
- Pregnancy or breastfeeding
- Those who have shown no improvement after 7 days of treatment at home
- Those who repeatedly experience symptoms
- The clinician considers that the patient's ability to self-manage is compromised as a consequence of significant vulnerability to the extent that their health and/or wellbeing could be adversely affected, if reliant on self-care. Consideration should also be given to safeguarding issues

### This decision was made because:

- In many cases, swollen haemorrhoids don't cause symptoms and some people don't even realise they have them. Swollen haemorrhoids often clear up by themselves after a few days. Making simple dietary changes and not straining on the toilet are often recommended first
- If patients want to use treatments for swollen haemorrhoids such as creams, ointments and suppositories, they are widely available to purchase at reasonable cost at pharmacies

- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before

## References

1. NHS website: haemorrhoids- last reviewed: 22 May 2019. Page accessed 23 April 2021 <https://www.nhs.uk/conditions/piles-haemorrhoids/>
2. NHS England and NHS Clinical Commissioners. Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs, March 2018. Publishing approval reference 07851 <https://www.england.nhs.uk/publication/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed-in-primary-care-guidance-for-CCGs/>