

Rectal Bleeding

Rectal bleeding is caused by impaction, constipation, hemorrhoids, doing a manual evacuation too hard or rough, or doing your manual evacuation with long fingernails. Blood may be seen in the stool on the glove or the digital stimulation (dil-stick) during a bowel program. Blood may also be noted on the washcloth or toilet paper during cleaning times.

What should I do if I see bleeding?

- If doing a manual evacuation, STOP. Try to find out the cause of the bleeding.
- Call the doctor **right away** if the bleeding is heavy.
- Call the doctor **right away** if you continue to bleed small amounts or ooze blood after 1-2 hours.
- Call the doctor during regular hours (not on an emergency basis) if you notice small flecks of blood or small streaks of blood on the toilet tissue.



If you notice black stool, you should also call your doctor during regular office hours. Black stool can also be a sign of bleeding.

The doctor will be able to give you further instructions.

The doctor may order a stool softener, anti-hemorrhoidal cream or may ask for you to come in for an office visit. It depends on your specific situation.

How can I prevent rectal bleeding?

- Do manual evacuations more gently.
- Keep fingernails trimmed short when doing manual evacuations or using a suppository.
- Use lubricating jelly with every manual evacuation or suppository insertion.
- Call the doctor if you think you have hemorrhoids. You may need an Anusol suppository or Preparation H cream before the bowel program to help shrink the hemorrhoid.