

# Rectal Bleeding

## What is it?

- **Rectal Bleeding**– can be mild or life-threatening; minimal rectal bleeding may be due to hemorrhoids or a rectal fissure; bright red blood from the anus and may be mixed with stool and/or blood clots; may be coming from the gastrointestinal tract; most rectal bleeding comes from the rectum colon, or anus; may be hemorrhoids, a tear in the rectum, diverticulosis, dysentery, IBS



- **Rectum**- is the last portion of the large bowel that ends just before the anus; is the last 15 cm of the colon
- **Colon**- part of the GI tract that food passes after it has been digested in the small intestine, responsible for removing water from the undigested food & storing it until it is eliminated from the body
- **Anus** is the opening through which stool passes when it is being eliminated from the body

## Signs and Symptoms:

- **Symptoms**- dizziness, fainting, low blood pressure, or shock from the blood loss, abdominal pain, fever, bloody diarrhea

## Facts:

- **Stool**-black, tarry, maroon, bright red blood on or in the stool, blood on the toilet tissue or blood staining the toilet bowl, red water
- **Develops**- quickly, abdominal disorder

## What can I do?

- **See your Health Care Provider**- for more information
  - **Home Treatments**- bathe daily to clean the skin around the anus, do not strain when having a bowel movement, do not sit on the toilet too long, apply ice packs to the affected areas to decrease pain; may use rectal ointment or suppositories bought over-the-counter without a prescription; if symptoms do not improve in a week see your health care provider
- **See a Registered Dietitian**- for help as needed
  - **Suggestions**- drinks 8 t 10 glasses of water per day, , increase fiber in your diet with fresh fruits, vegetables and whole grains
    - **Whole Grain Breads and Cereals**- look at the package & make sure the serving has more than 2 grams of fiber per serving

