Hemorrhoids During Pregnancy, What Is Safe, What Helps and When to Call Your Doctor



Finding a swollen, itchy or painful lump around your bottom is unpleasant at any time, and it is even more worrying when you are pregnant and wondering what is safe for your baby. The good news is that **hemorrhoids during pregnancy** are common, rarely harmful and usually improve after birth. Hormones, a growing uterus and constipation all raise the pressure in the veins around the anus, which is why many women first notice them in the second or third trimester.

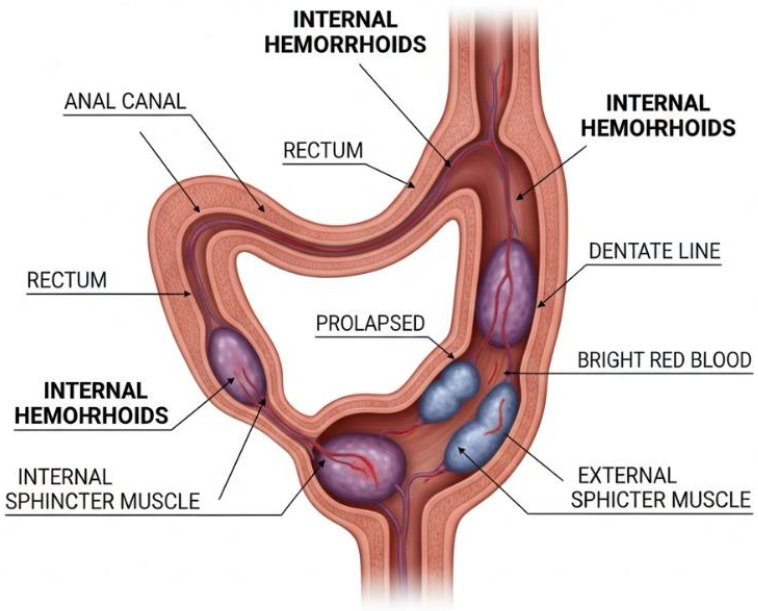
This guide explains what causes **pregnancy hemorrhoids**, including the role of **progesterone**, which steps are safe to start today, what to ask your doctor or midwife about **creams and suppositories**, how to tell when bleeding or pain needs urgent care, and what to expect after delivery. For the full home-care routine outside of pregnancy, see our guide to fast hemorrhoid relief at home.

Quick Answer

Hemorrhoids during pregnancy are swollen veins around the anus or lower rectum, caused by pressure from the growing uterus, the hormone **progesterone** and **constipation**. Start with plenty of fluids, fiber, short warm soaks and less time sitting or straining on the toilet. Ask your doctor, midwife or pharmacist before using any **cream, suppository or pain reliever**, and tell your provider about **any rectal bleeding**. Most hemorrhoids get better within a few weeks after birth.

This guide is general information and not a diagnosis or medical advice. Always follow the advice of your own doctor or midwife.

How Common Are Hemorrhoids During Pregnancy



Hemorrhoids during pregnancy are very common. Cleveland Clinic estimates that about 30% to 40% of pregnant women get them, and the numbers vary between studies. You are most likely to notice **pregnancy hemorrhoids** in the **third trimester** and in the first weeks after birth.

Are Hemorrhoids Harmful to My Baby

No. Hemorrhoids are uncomfortable for you, but they are not dangerous for your baby. Some symptoms still deserve a check-up, and we cover them in the warning signs section below.

When Do Pregnancy Hemorrhoids Start

Stage	What to expect
First trimester	Less common, but hormones already relax your veins and slow digestion, so **constipation** and early symptoms can appear.
Second trimester	Symptoms can begin as the uterus grows and your blood volume keeps rising.
Third trimester	The most common time, because pressure on the pelvic veins is greatest.

Labor and delivery	Pushing can make existing hemorrhoids worse or cause new ones.
First weeks after birth	Most hemorrhoids improve within a few weeks.

Every pregnancy is different, and some women never notice a single symptom.

What Causes Hemorrhoids During Pregnancy

No single change causes **pregnancy hemorrhoids**. Several changes work together, and each one raises the pressure in the veins around your anus and rectum.

Pressure From the Growing Uterus

As your uterus grows and your weight increases, the extra pressure on the pelvic veins makes it harder for blood to flow back up from the lower body. Blood pools in the veins around the anus, and they swell.

Extra Blood Volume

Your blood volume rises by roughly 40% to 50% during pregnancy. Your veins carry more blood than usual, which makes them larger and easier to irritate.

Can Progesterone Cause Hemorrhoids

Yes, **progesterone** plays a part, although it is not the only cause. This pregnancy hormone relaxes smooth muscle in the walls of your veins and in your intestines. Relaxed veins widen more easily and let blood pool, while a slower gut leads to harder stools and **straining**. Progesterone rises early in pregnancy, so some women notice symptoms well before the third trimester.

If you take prescribed progesterone and your constipation gets worse, tell your doctor or midwife. Do not stop the medicine on your own.

Constipation and Iron Supplements

Constipation is one of the biggest triggers. Pregnancy hormones slow digestion, the extra weight of stool in the bowel presses on the veins, and straining adds even more pressure. **Iron supplements** can make stools harder for some women. If this is a problem for you, ask your provider whether anything can be adjusted, and do not stop your iron without their advice.

Who Is More Likely to Get Them

The same research links hemorrhoids to a **history of hemorrhoids before pregnancy** and to constipation. After birth, risk factors include **pushing for more than 20 minutes** during delivery and a larger newborn (above about 3,800 grams, or 8 pounds 6 ounces). If you have had hemorrhoids before, it helps to start the prevention habits in the next sections early.

Pregnancy Hemorrhoid Symptoms

Some women have no **hemorrhoid symptoms** at all. When symptoms do appear, they usually include:

- **Itching, irritation or burning** in and around the anus
- **Pain** when you poop, or an aching pain that gets worse when you sit
- A **swollen, puffy or soft lump** near the anus, which is the typical sign of an **external hemorrhoid**
- A **bulge that comes out** after a bowel movement, known as a **prolapsed hemorrhoid**
- **Bright red blood** on the toilet paper, on the outside of the stool or in the toilet bowl

Internal hemorrhoids form inside the rectum and are often painless, so blood may be the only sign. **External hemorrhoids** sit under the skin around the anus and are more likely to itch, swell and hurt.

Prolapsed Hemorrhoid During Pregnancy

Straining can push an internal hemorrhoid out through the anus. A **prolapsed hemorrhoid** usually feels like a small, soft lump that you can gently push back in. Call your doctor or midwife if it cannot be pushed back, if it is very painful, or if it keeps coming out.

Hemorrhoid Pain When Sitting

External hemorrhoids often hurt most when you sit, especially on hard chairs or during long drives. Short breaks, lying on your side and a supportive seat can help, and our guide to sitting with hemorrhoids at work and while driving covers chair setup in detail.

A Hard, Very Painful Lump

A sudden, very painful, hard lump that looks bluish or purple can be a **thrombosed hemorrhoid**, which means a blood clot has formed inside it. The clot stays in the hemorrhoid and does not travel through your body, but it can be very painful, so call your doctor or midwife promptly. Our guide to a thrombosed hemorrhoid and the first 72 hours explains what to expect.

Hemorrhoid Bleeding During Pregnancy

Bleeding from hemorrhoids usually shows up as a small amount of bright red blood on the toilet paper, on the stool or in the toilet bowl after a bowel movement. Rectal bleeding from hemorrhoids is usually harmless, but you should still tell your provider about **any bleeding** during pregnancy, so they can confirm where it is coming from.

Is the Blood From Hemorrhoids or From the Vagina

Blood can be hard to place, especially on toilet paper, and the color alone cannot tell you the source. Never assume that bright red blood means it is only a hemorrhoid. If you see blood on a pad or underwear, or you are not sure where it is coming from, treat it as **vaginal bleeding** and call your provider. Mayo Clinic advises telling your healthcare professional about any vaginal bleeding during pregnancy, and in the third trimester, any amount of bleeding needs an immediate call.

Our general guide to bleeding hemorrhoids explains rectal bleeding in more detail, but in pregnancy do not use blood color to decide whether you can wait.

What to Tell Your Doctor About Bleeding

A few details help your provider work out the cause quickly:

- **When it started** and how often it happens
- **How much blood** you see, and whether it is a streak, a few drops or more
- **Where you see it**, such as on the tissue, on the stool, in the bowl, or on a pad or underwear
- Whether you have **pain, cramping, dizziness or a lump**

For heavy bleeding, bleeding with dizziness or belly pain, and other urgent signs, see the warning signs section below.

What You Can Do for Hemorrhoids During Pregnancy Today

Most mild **pregnancy hemorrhoids** improve with gentle steps at home. Start with the habits below, and check with your doctor or midwife before using anything medicated.

Soak in a Warm Sitz Bath

Sit in a few inches of comfortably warm water for **10 to 15 minutes, two or three times a day**, especially after a bowel movement. Use plain water, because soap and bubble bath can irritate the area, and pat yourself dry afterward. Cleveland Clinic explains that warm water improves blood flow and relaxes the strained muscles around the anus.

Soften Your Stool First

Keeping stools soft is the most useful step, because straining is what keeps hemorrhoids flared. Cleveland Clinic suggests **25 to 30 grams of fiber and 8 to 12 cups of water a day**, and a small stool under your feet when you sit on the toilet to relax your pelvic floor. For food ideas, see our high-fiber hemorrhoid diet guide. A **fiber supplement or stool softener** can help if food is not enough, but ask your provider first.

Take Pressure Off

Avoid standing or sitting for long stretches, and **lie on your side** when you rest, because this takes pressure off the pelvic area and bowel. Do not linger on the toilet or scroll on your phone there.

Clean Gently

Pat the area with soft, unscented toilet paper or fragrance-free wipes instead of rubbing. For the full home-care routine, see our guide to fast hemorrhoid relief at home.

Soothing Options to Ask About

Cleveland Clinic lists **witch hazel**, pure **aloe vera**, **coconut oil** and **baking soda** for itching and minor pain. Use them on the outside of the anus only and stop if your skin gets irritated. Cleveland Clinic also asks you to run any cream, oil or supplement past your provider first, so mention them at your next visit.

Creams, Suppositories and Medicines During Pregnancy

Many women use hemorrhoid products in pregnancy, but whether one is right for you depends on its **active ingredient**, your trimester and your health. The UK Specialist Pharmacy Service advises trying non-drug measures first and considering a topical hemorrhoid preparation if they are not enough. Research on creams and suppositories in pregnancy is limited, and a Cochrane review found that one group of oral medicines looked promising but could not be recommended until their safety is better established. That is why your provider decides case by case.

Read the **active ingredients** on the label and use this table as a list of questions for your doctor, midwife or pharmacist. It is not a list of approvals.

Ingredient	Common products	What it does	What to ask
Witch hazel	Tucks pads	Cools and soothes itching and burning on the outside	Mayo Clinic lists witch hazel pads for pregnancy. Choose alcohol-free, fragrance-free pads.
Hydrocortisone	Anusol-HC, hydrocortisone creams	Reduces itching and swelling	It is a steroid, so ask how long you can use it. Short courses only.
Lidocaine	Numbing creams and ointments	Temporarily numbs pain	Ask whether it suits your trimester, and use it on the outside only.
Phenylephrine	Some Preparation H products	Narrows blood vessels to reduce swelling	Advice on this ingredient varies between sources, so ask before you use it.
Zinc oxide or petrolatum	Barrier creams	Protects irritated skin	Ask which product suits you.
Benzocaine and menthol	Dermoplast spray	Numbs skin	The label tells pregnant women to ask a doctor first, and it is made for skin, not for inside the rectum.
Fiber supplements and stool softeners	Metamucil, Colace	Soften stool so you strain less	Cleveland Clinic says to contact your provider first.

Suppositories work inside the rectum, so ask your provider whether you need one at all, and do not start one on your own. Whatever you choose, stop and call your provider if the product causes a rash or burning or does not help after about a week.

Pain Relievers During Pregnancy

Ask your provider before taking any pain reliever. The FDA recommends that pregnant women avoid NSAIDs such as ibuprofen at 20 weeks or later unless a health professional advises otherwise, because they can cause kidney problems in the unborn baby.

When Procedures Are Considered

Procedures to remove hemorrhoids are rarely needed during pregnancy, and treatment is usually postponed until after birth. If your hemorrhoids last well beyond delivery, our guide to hemorrhoids that will not go away explains the options.

How to Prevent Hemorrhoids During Pregnancy



You cannot always prevent **pregnancy hemorrhoids**, but you can lower your chances by keeping your stools soft and avoiding extra pressure on the veins. A randomized trial of 260 pregnant women tested a simple diet and habit program. At discharge after delivery, **15% of the women who followed it had hemorrhoids, compared with 41% of the women who received standard advice**, and the program did not increase miscarriages.

Build the Daily Habits That Helped in the Trial

- **Eat and drink regularly.** Include plenty of fruit, vegetables and nuts, and enough fluids through the day.

- **Walk most days.** The trial advised 30 to 60 minutes of walking or exercise, three to five times a week. Check with your provider that this suits your pregnancy.
- **Answer the urge to go.** Do not hold it in, and try going in the morning or after a meal.
- **Keep toilet visits short.** The trial advised under three minutes, with no phone and no straining.

Watch Your Iron Supplement

Iron in prenatal vitamins or separate iron tablets can make stools harder for some women. If you notice more constipation after starting iron, tell your provider and ask whether anything can be adjusted. Do not stop taking iron on your own.

Try Kegel Exercises

Cleveland Clinic suggests working **Kegel exercises** into your daily routine to encourage healthy circulation around the anus and rectum. Your provider can show you how to do them correctly.

Rest on Your Side

When you read, watch TV or rest, lie on your side instead of sitting upright for long periods. This takes pressure off your pelvic veins.

Sitting Comfortably With Hemorrhoids During Pregnancy

Sitting puts direct pressure on the area, which is why many women feel hemorrhoid pain most at their desk, in the car or at the dinner table. Take a short break every 30 to 60 minutes to stand and walk, and see our guide to sitting with hemorrhoids at work and while driving for chair setup tips.

Both Cleveland Clinic and Mayo Clinic mention a **donut or ring cushion** as a way to ease pressure when you sit. A cushion is a comfort aid and not a treatment, so it will not shrink a hemorrhoid, but it can make sitting more bearable while you heal.

A Donut Cushion Made for Women

The sitcushion women donut cushion is a memory foam cushion with a **V-shaped contour** that keeps pressure off the tailbone and the perineal area. It is low profile at 2.5 inches thick (about 16.3 by 17.1 inches), has a removable, machine-washable cover, and many women also use it in the weeks after birth when sitting is sore.

Need pressure relief for the chairs and car seats you use every day?

The sitcushion women donut cushion has a V-shaped contour, a 2.5-inch low profile and a lifetime money-back guarantee.

View the Women Donut Cushion on Amazon

A donut shape suits shorter stretches of sitting and sore days. If you spend long hours at a desk, the U-shaped sitcushion office seat cushion spreads your weight over a larger area. For a full comparison of shapes, read our best hemorrhoid cushions guide, and for pregnancy-specific seat cushion advice see our guide to seat cushions for pregnancy.

sitcushion products are designed for comfort and ergonomic support. They are not medical devices and are not intended to diagnose, treat, cure or prevent any condition.

Warning Signs and When to Call Your Doctor or Midwife

Most **hemorrhoids during pregnancy** are harmless, but some symptoms need medical attention. Use this table to decide how quickly to act. If you are ever unsure, it is safer to call.

What you notice	What to do
Heavy rectal bleeding, large clots, or bleeding with **dizziness, fainting or a fast heartbeat**	**Call 911 or go to the emergency room right away**
Any vaginal bleeding, or blood you cannot place on tissue, a pad or underwear	**Call your provider.** In the third trimester, any amount needs an immediate call.
Bleeding with belly pain, cramping, fever or chills	**Call your provider immediately**
A **hard, very painful, bluish or purple lump** near the anus	**Call promptly.** This can be a thrombosed hemorrhoid, and our 72-hour guide explains why timing matters.
A lump that **cannot be pushed back in**, or that keeps coming out	**Call your provider**
Pain that does not improve with home care, or **no improvement after about a week**	**Call your provider**
Fever or chills, pus, or redness and swelling around the anus	**Call your provider the same day**

Black, tarry stool, or a **change in your bowel habits or stool color**	**Call your provider the same day**
Any rectal bleeding, even a small streak, especially if it is new or keeps returning	**Mention it to your provider.** Cleveland Clinic advises reporting any bleeding in pregnancy.
Repeated bleeding with **unusual tiredness, weakness or shortness of breath**	**Call your provider**, because ongoing blood loss can cause anemia

Questions to Ask at Your Next Prenatal Visit

- Which **creams, suppositories or wipes** are safe for me at this stage of pregnancy?
- Should I use a **fiber supplement or stool softener**, and how much?
- Can anything be adjusted about my **iron supplement** if it is constipating me?
- What should I do if the pain or bleeding gets worse?
- What can I expect during **labor and the first weeks after birth**?

Hemorrhoids During Labor, Delivery and After Birth

Can Labor Make Hemorrhoids Worse

Yes. Pushing during the second stage of labor can make existing hemorrhoids worse or cause new ones, and this is common. Mention your hemorrhoids to your care team before delivery so they can suggest comfort measures afterward. Cleveland Clinic notes that hemorrhoids can flare right after delivery and should get better within a few weeks.

Do Pregnancy Hemorrhoids Go Away After Birth

For most women, yes. As the uterus shrinks and pregnancy hormones fall, the pressure on your veins eases, and a Cochrane review notes that symptoms resolve on their own soon after birth for many women. Some women are left with a small **skin tag** where a hemorrhoid used to be. It is usually harmless, but mention it to your healthcare team so they can check it.

Easing Discomfort in the First Weeks

The same gentle steps still work after birth. Keep taking **warm sitz baths**, clean the area gently, drink plenty of fluids and keep your stools soft. Constipation can continue after delivery, partly because of some pain medicines, so ask your provider before using any stool softener, laxative or

cream, especially if you are **breastfeeding**, because not every ingredient is suitable. A donut cushion can also make sitting more comfortable while you recover.

When Hemorrhoids Do Not Go Away After Birth

If your hemorrhoids still bother you several weeks after delivery, or bleeding and pain keep coming back, tell your provider. Treatment options exist, and they are usually considered once you have recovered. Our guide to hemorrhoids that will not go away explains what they involve.

Frequently Asked Questions About Hemorrhoids During Pregnancy

Are hemorrhoids during pregnancy normal?

Yes. Cleveland Clinic estimates that about 30% to 40% of pregnant women get hemorrhoids, and they are most common in the third trimester. Pregnancy raises the pressure in the veins around your anus through the weight of the uterus, extra blood volume, hormones and constipation. Hemorrhoids are uncomfortable, but they are not a sign that something is wrong with your pregnancy.

When do hemorrhoids start during pregnancy?

They can start at any point, but most women first notice them in the **second or third trimester**, and the third trimester is the most common time. Hormones and constipation can cause them earlier, even in the first trimester. They can also flare during labor and in the first days after birth.

Can progesterone cause hemorrhoids?

Yes, **progesterone** contributes, although it is one of several causes. It relaxes the walls of your veins, which lets blood pool and the veins swell, and it slows digestion, which leads to constipation and straining. Because progesterone rises early in pregnancy, symptoms can appear before the growing uterus adds pressure. If you take prescribed progesterone and notice more constipation or hemorrhoid symptoms, tell your provider and do not stop the medicine on your own.

Why are my hemorrhoids so painful during pregnancy?

Painful hemorrhoids during pregnancy are usually external hemorrhoids that swell and get irritated by straining, sitting or wiping. Sudden, severe pain with a hard, bluish lump can mean a **thrombosed hemorrhoid**, and a bulge that cannot be pushed back in also needs a check, so call your provider promptly if you notice either. Our guide to the first 72 hours of a thrombosed hemorrhoid explains why timing matters.

To ease the pain, take warm sitz baths, keep your stools soft, lie on your side to take pressure off and use a donut cushion when you sit. Ask your provider about **acetaminophen (paracetamol)**, which NHS pharmacy guidance lists for short-term pain relief if lifestyle measures are not enough. Avoid ibuprofen and other NSAIDs unless your provider says otherwise, because the FDA advises against them from 20 weeks of pregnancy.

Is it normal for hemorrhoids to bleed during pregnancy?

A small amount of bright red blood on the toilet paper, on the stool or in the bowl is a common sign of hemorrhoids, and Cleveland Clinic says rectal bleeding from hemorrhoids is usually harmless. Still, tell your provider about **any bleeding** during pregnancy. Blood can be hard to place, so if you see blood on a pad or underwear, or you are not sure where it comes from, treat it as vaginal bleeding and call right away. Heavy bleeding, or bleeding with dizziness, belly pain or fever, needs urgent care. See our warning signs table for each situation.

What is the fastest way to relieve hemorrhoids during pregnancy?

There is no instant cure, and hemorrhoids caused by pregnancy pressure may come and go until after birth. The fastest relief usually comes from combining several steps:

- Take a **warm sitz bath** for 10 to 15 minutes, two or three times a day.
- Keep your **stools soft** with fiber, plenty of fluids and, if your provider agrees, a fiber supplement or stool softener.
- **Lie on your side** to take pressure off the area.
- Hold a **cloth wrung out in iced water** gently against the area for a few minutes, which the NHS suggests for pain.
- Ask your provider about a soothing product, such as **witch hazel pads**.

Our guide to fast hemorrhoid relief at home covers the full routine.

Can I use hemorrhoid suppositories while pregnant?

Only after checking with your doctor, midwife or pharmacist. Suppositories work **inside the rectum**, so they may add little for external hemorrhoids, which are the most common type to cause symptoms in pregnancy. NHS pharmacy guidance notes that no hemorrhoid product is licensed specifically for use in pregnancy, and it points out that simple soothing products carry less potential risk than those containing a corticosteroid or a local anesthetic. Your provider can tell you which type you have and whether a suppository is worth using, and for how long.

Is Preparation H safe during pregnancy?

It depends on the exact product, so do not choose one from the shelf. **Preparation H** is a brand name for several products with different active ingredients, such as phenylephrine in some and hydrocortisone in others, so read the "active ingredients" on the label. Sources do not agree about phenylephrine in pregnancy, and NHS pharmacy guidance says products with a corticosteroid or a local anesthetic carry more potential risk than simple soothing ones. Ask your provider or pharmacist to check the exact product you have. They may approve a short course, but that decision should be theirs.

Can I use Tucks pads, Anusol or Dermoplast while pregnant?

- **Tucks pads** contain witch hazel, a simple soothing ingredient, and Mayo Clinic lists witch hazel pads for pregnancy. Choose alcohol-free, fragrance-free pads and still mention them to your provider.
- **Anusol-HC** contains hydrocortisone, a steroid. Ask your provider how long you can use it, and use it only for short courses.
- **Dermoplast** contains benzocaine and menthol and is made for skin, not for inside the rectum. Its label tells pregnant women to ask a doctor first.

Are sitz baths safe during pregnancy?

Yes, sitz baths are a standard home remedy in pregnancy. Mayo Clinic suggests soaking in warm water without soap or bubble bath, and Cleveland Clinic says warm water improves blood flow and relaxes the strained muscles around the anus. Keep the water **comfortably warm, not hot**, soak for 10 to 15 minutes, and pat the area dry afterward.

Can iron supplements cause hemorrhoids?

Indirectly, yes. Iron does not cause hemorrhoids by itself, but it can make stools harder, and constipation and straining are among the biggest triggers. Mayo Clinic notes that too much iron can contribute to pregnancy constipation, and a stool softener may be needed. If your iron supplement is constipating you, ask your provider whether anything can be adjusted, and do not stop taking it on your own.

Why does my bottom look swollen or puffy late in pregnancy?

The most common cause is an **external hemorrhoid**, which looks like a soft, swollen lump or puffy skin around the anus, especially in the third trimester. Other swollen veins in the pelvic area, such as those around the vulva, are also common late in pregnancy and can look similar. Mention

swelling to your provider at your next visit, and call sooner if it is hard, very painful, bluish or purple, or if you are bleeding.

Can hemorrhoids harm my baby?

No. Cleveland Clinic states that hemorrhoids are not dangerous for a fetus at all, and NHS pharmacy guidance says they do not pose a significant health risk. They affect your comfort, not your baby's health. The things worth watching are bleeding you cannot explain and the safety of any product you use.

Can I have a vaginal birth with hemorrhoids?

Having hemorrhoids does not by itself mean you cannot give birth vaginally. How you give birth is decided from your overall health and pregnancy, so raise it with your provider. Pushing can make hemorrhoids worse, so mention them to your care team before delivery, especially if they are large or painful, so they can suggest comfort measures for afterward.

Do hemorrhoids go away on their own after pregnancy?

For most women, yes. Hemorrhoids that appear during pregnancy usually improve or go away after birth, because the pressure on your veins eases and your hormones settle. Cleveland Clinic says they should get better within a few weeks, even if pushing during labor makes them worse at first. You may be left with a small skin tag, which is usually harmless. If hemorrhoids still bother you several weeks after birth, see our guide to hemorrhoids that will not go away.

Will I need surgery for hemorrhoids during pregnancy?

Almost never. Cleveland Clinic says a procedure to remove hemorrhoids is rarely necessary, and treatment is normally postponed until after birth. Doctors consider a procedure during pregnancy only for serious problems, such as a very painful thrombosed hemorrhoid or bleeding that will not stop.

The Bottom Line on Hemorrhoids During Pregnancy

Hemorrhoids during pregnancy are common, uncomfortable and almost always temporary. They happen because the growing uterus, extra blood volume, **progesterone** and **constipation** all raise the pressure in the veins around your anus. They are not dangerous for your baby, and for most women they improve within a few weeks after birth.

The most useful steps are the simple ones. Keep your stools soft with fiber and plenty of fluids, take warm sitz baths, avoid straining and long toilet sessions, lie on your side to rest, and take short breaks from sitting. Ask your doctor, midwife or pharmacist before using any **cream, suppository or pain reliever**, because safety depends on the active ingredient and your trimester.

Know when not to wait. **Tell your provider about any bleeding**, and call right away for any vaginal bleeding, heavy bleeding, bleeding with dizziness, belly pain or fever, or a hard, very painful, bluish lump. If hemorrhoids are still bothering you several weeks after birth, our guide to hemorrhoids that will not go away explains what comes next.

To keep learning, read our guide to fast hemorrhoid relief at home, or explore more practical guides in our knowledge center.

This guide is general information and not a diagnosis or medical advice. Always follow the advice of your own doctor or midwife.