

PURPOSE / OBJECTIVES

Low dose direct current electrotherapy, is a NICE-approved (the UK's National Institute for Health and Care Excellence), out-patient based treatment option for haemorrhoids. This study aimed to prospectively analyse patients presenting to 10 clinics around the United Kingdom.

MATERIAL & METHODS

All patients undergoing electrotherapy treatment over 21 months were included in this prospective observational study. Patient demographics, haemorrhoid grade, disease duration, previous treatments tried, and complications/return to normal activity were captured via an online patient management system and subsequent questionnaire. Patients on anticoagulants and antiplatelet agents were excluded in this study.

RESULTS

758 consecutive patients (456 men, 302 women; median age 53yrs, range 18-96) were treated between March 2019 and November 2020, with confirmed internal haemorrhoids grades 1-4, excluding those patients taking oral anticoagulants/antiplatelet agents. >50% had used topical treatments previously and 28% had at least one previous intervention, including banding (129;17%), sclerotherapy (53;7%), Radiofrequency (52;7%) and haemorrhoidectomy (52;7%).

The commonest presenting symptoms were bleeding (65%), prolapsing (63%), swelling/soreness (49%) and itching (36%). 57% of patients (434) had had symptoms for >5yrs. Mean number of direct current electrotherapy treatments/patient undertaken was 1.45 (figure 1).

Treatment was well-tolerated, with 0 serious adverse events (SAEs). Patients all left the clinic immediately following treatment, with no need for immediate post treatment recovery.

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eXroid® direct current electrotherapy can be safely used in all 4 grades of internal haemorrhoids.



In this consecutive group of 758 patients, there were no serious adverse events recorded.



eXroid® direct current electrotherapy is a quick, out-patient based procedure requiring no anaesthetic and no bowel-prep.

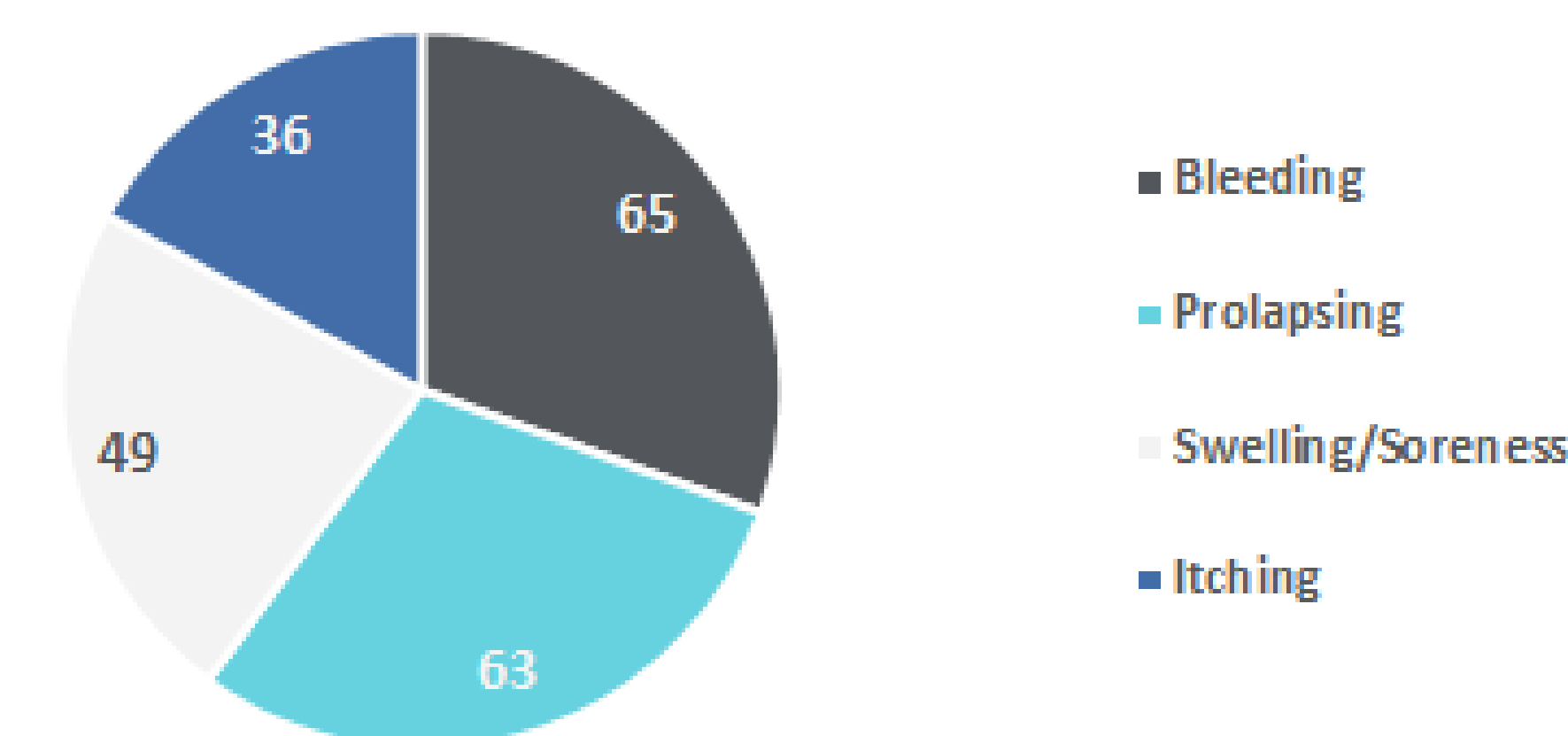


All patients were able to leave to go home immediately following treatment.

RESULTS

Figure 1

Commonest symptoms described at initial presentation (%)



Total Patients	758
Mean Number of Treatments / Patient	1.45
Had symptoms > 5years	434

All 758 patients were confirmed with internal haemorrhoids grades 1-4, following proctoscopic examination, with the commonest presenting symptoms shown here.

SUMMARY / CONCLUSION

eXroid® Direct Current Electrotherapy treatment is a safe option for patients seeking treatment for haemorrhoids, irrespective of grade. In this cohort of 758 patients, having 1099 treatments between them, there were 0 SAEs, compared with the common treatment options of rubber band ligation and haemorrhoidal artery ligation, which have published SAEs of 1% and 7%, respectively, as published in the HubBLE trial¹.

Ref.1: Haemorrhoidal artery ligation versus rubber band ligation for the management of symptomatic second-degree and third-degree haemorrhoids (HubBLE): a multicentre open-label randomised controlled trial. Steven R Brown, et al. Lancet 2016 July 23; 388(10042): 356-364.