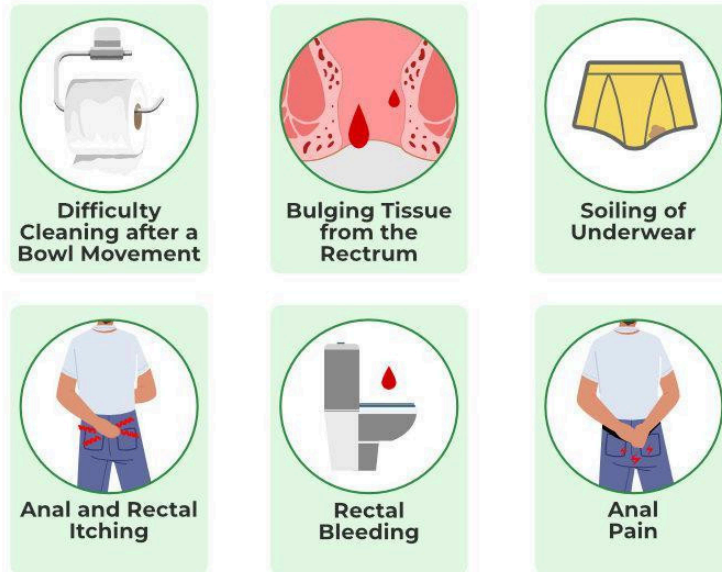




# How to diagnose beginning of piles?

## Symptoms of Hemorrhoids



Diagnosing the beginning of [piles \(hemorrhoids\)](#) typically involves recognizing common symptoms and consulting with a healthcare professional. Here's how to identify the early signs of piles:

### 1-Recognize Common Symptoms:

- **Rectal Bleeding:** One of the most common early signs is the presence of bright red blood on the toilet paper, in the toilet bowl, or on the stool after a bowel movement.
- **Itching or Discomfort:** You may experience itching, discomfort, or irritation in the anal or rectal area.
- **Pain:** Early-stage hemorrhoids may cause mild pain, especially during or after bowel movements.
- **Swelling:** You might notice a small lump or swelling around the anus.

**2-Observe Frequency and Duration:** Pay attention to the frequency and duration of these symptoms. Occasional or short-lived symptoms may not necessarily indicate piles.

**3-Consult a Healthcare Professional:** If you suspect you have piles, it's important to consult with a healthcare professional, such as a primary care physician or a gastroenterologist.

**4-Medical Evaluation:** During a medical evaluation, the healthcare professional will inquire about your symptoms, perform a physical examination, and may use instruments like a proctoscope or anoscope for a closer look.

**5-Follow Medical Advice:** If piles are diagnosed, follow the advice and treatment plan recommended by your healthcare provider. Early-stage piles are often manageable with lifestyle modifications, dietary changes, and over-the-counter treatments.

It's important to seek medical evaluation when you suspect you may have piles, as healthcare professionals can confirm the diagnosis, rule out other potential causes of your symptoms, and provide guidance on the most suitable treatment for your specific situation.

For more information on Piles|Hemorrhoids, consult [Dr. Chintamani Godbole](#) one of the [Gastrointestinal Doctor in Mumbai](#) or you can [contact us](#) on 84518 65944