

## Hemorrhoid Energy Therapy Clinical Article Summary



Medtronic provides the following clinical summary of an article about hemorrhoid therapy.

- **Title:** Prospective evaluation of the hemorrhoid energy treatment for the management of bleeding internal hemorrhoids
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**Objective:** To prospectively assess the safety and efficacy of the Hemorrhoid Energy Therapy (HET) device.

**Study Design:** IRB-approved prospective study of 73 patients with Grade I or II internal hemorrhoids who underwent HET from March 2016 to June 2019. Patient factors and procedural data were obtained. A post-procedure questionnaire was administered by telephone to all patients at 1-wk and 3-mo following HET to assess for improvement and/or resolution of rectal bleeding and adherence to a stool softener regimen. A chart review was performed to observe recurrent symptoms and durability of response.

### Key Study Findings:

- Complete resolution of bleeding was reported in 65% at 1 week ( $n = 48$ ), with improvement in bleeding in 97.2% ( $n = 71$ ) of patients.
- At 3-months following HET, resolution and/or improvement in bleeding was reported in 90% of patients ( $n = 64$ ).
- 64 patients reported resolved or improved bleeding after one treatment, six patients required a second treatment
- There were no instances of pain or rectal discomfort during or immediately following the procedure. One patient reported self-limited post-procedure bleeding, no other adverse events were noted.

**Conclusion:** HET is well tolerated, safe and highly effective in the majority of patients evaluated presenting with Grade I and II symptomatic internal hemorrhoids.