

HIGH RESOLUTION ANOSCOPY (HRA) PREP	
1 DAY BEFORE	<ul style="list-style-type: none"> • DO NOT put any creams or medications into your anus • DO NOT insert toys, fingers, or other objects into your anus • DO NOT douche or use enemas • DO NOT have receptive anal sex • AFTER MIDNIGHT: STOP EATING • You can consume CLEAR LIQUIDS up until 3 hours before the test <ul style="list-style-type: none"> ○ Clear liquids include iced/hot tea, black coffee, clear broth, apple or white grape juice (without pulp), gingerale, jello, ice pops
MEDICATIONS	<ul style="list-style-type: none"> • If you are taking Medicines That Thin Your Blood: Contact your provider to discuss any adjustments that might be required <ul style="list-style-type: none"> ○ Medications include but are not limited to Aspirin, Plavix, Coumadin, Lovenox, Eliquis, Xarelto • If you are taking Aspirin: <u>Do not hold</u> it pre-procedure. Please take it the morning of your procedure with a small sip of water. • If you are taking Blood Pressure Medication: <u>Do not hold</u> them pre-procedure. Take them the morning of your procedure with a small sip of water. • If you are taking Diabetes Medications: Contact your prescribing doctor to discuss adjustments the day before and the day of your procedure
PROCEDURE DAY	<ul style="list-style-type: none"> • DO NOT DOUCHE OR USE ENEMAS <ul style="list-style-type: none"> ○ Doing so can make it too difficult to see and we may not be able to do the procedure • 3 HOURS BEFORE: <ul style="list-style-type: none"> ○ STOP CLEAR LIQUIDS. No candy or gum either • Take your regular medications in the morning with sips of water • <u>Failure to follow these instructions may result in a delay or cancellation of your procedure</u>
ARRIVAL	<ul style="list-style-type: none"> • Arrive 30 minutes prior to your procedure, no later! • Bring list of current medications including doses • Bring a Photo ID • Bring Insurance Card • Bring any applicable Referrals

	<ul style="list-style-type: none">• Please do not bring any valuables
ESCORT	<ul style="list-style-type: none">• Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure

WHAT TO EXPECT POST PROCEDURE

- **You are expected to have post procedure anal pressure. This can last for a few days.**
- **For control of pressure, use over the counter Tylenol 325mg, 1-2 tabs every 8 hours as needed, for the first several days.**
- **Most patients DO NOT experience pain. Just in case you have pain, your health care provider may prescribe pain control medication.**
 - If you are one of the few patients who requires pain control medication make sure to bring the rest of your prescription bottle to your follow up appointments.
- **Spotting of blood may occur for the first few days after your procedure.**
- **Delayed bleeding can occur, usually 1-2 weeks post procedure, when the tissue heals and the scabs from the procedure site start to shed. This is expected.**