

## HIGH RESOLUTION ANOSCOPY (HRA) PREP

<b>1 DAY BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>DO NOT</b> put any creams or medications into your anus</li> <li>• <b>DO NOT</b> insert toys, fingers, or other objects into your anus</li> <li>• <b>DO NOT</b> douche or use enemas</li> <li>• <b>DO NOT</b> have receptive anal sex</li> </ul>
<b>MEDICATIONS</b>	<ul style="list-style-type: none"> <li>• If you are taking <b>Medicines That Thin Your Blood:</b> Contact your provider to discuss any adjustments that might be required <ul style="list-style-type: none"> <li>○ Medications include but are not limited to Aspirin, Plavix, Coumadin, Lovenox, Eliquis, Xarelto</li> </ul> </li> <li>• If you are taking <b>Aspirin:</b> <u>Do not hold</u> it pre-procedure. Please take it the morning of your procedure with a small sip of water.</li> <li>• If you are taking <b>Blood Pressure Medication:</b> <u>Do not hold</u> them pre-procedure. Take them the morning of your procedure with a small sip of water.</li> <li>• If you are taking <b>Diabetes Medications:</b> Contact your prescribing doctor to discuss adjustments the day before and the day of your procedure</li> </ul>
<b>PROCEDURE DAY</b>	<ul style="list-style-type: none"> <li>• <b>DO NOT DOUCHE OR USE ENEMAS</b> <ul style="list-style-type: none"> <li>○ Doing so can make it too difficult to see and we may not be able to do the procedure</li> </ul> </li> <li>• <b>8 HOURS PRIOR: STOP EATING</b> <ul style="list-style-type: none"> <li>○ You can consume clear liquids up until 3 hours before the test</li> <li>○ Clear liquids include iced/hot tea, black coffee, clear broth, apple or white grape juice (without pulp), gingerale, jello, ice pops</li> </ul> </li> <li>• <b>3 HOURS PRIOR:</b> <ul style="list-style-type: none"> <li>○ <b>STOP CLEAR LIQUIDS. No candy or gum either</b></li> </ul> </li> <li>• <b>Take your regular medications in the morning with sips of water</b></li> <li>• <b><u>Failure to follow these instructions may result in a delay or cancellation of your procedure</u></b></li> </ul>
<b>ARRIVAL</b>	<ul style="list-style-type: none"> <li>• <b>Arrive 30 minutes prior to your procedure, no later!</b></li> <li>• Bring list of current medications including doses</li> <li>• Bring a Photo ID</li> <li>• Bring Insurance Card</li> <li>• Bring any applicable Referrals</li> <li>• Please do not bring any valuables</li> </ul>

<b>ESCORT</b>	<ul style="list-style-type: none"><li>• Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure</li></ul>
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## **WHAT TO EXPECT POST PROCEDURE**

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| <ul style="list-style-type: none"><li>• You are expected to have post procedure anal pressure. This can last for a few days.</li><li>• For control of pressure, use over the counter Tylenol 325mg, 1-2 tabs every 8 hours as needed, for the first several days.</li><li>• Most patients <b>DO NOT</b> experience pain. Just in case you have pain, your health care provider may prescribe pain control medication.<ul style="list-style-type: none"><li>○ 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.</li></ul></li><li>• <b>Spotting of blood may occur for the first few days after your procedure.</b></li><li>• <b>Delayed bleeding can occur, usually 1-2 weeks post procedure</b>, when the tissue heals and the scabs from the procedure site start to shed. <b>This is expected.</b></li></ul> |
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