

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
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 • 8 HOURS PRIOR: STOP EATING <ul style="list-style-type: none"> ○ You can consume clear liquids up until 3 hours before the test ○ Clear liquids include iced/hot tea, black coffee, clear broth, apple or white grape juice (without pulp), gingerale, jello, ice pops • 3 HOURS PRIOR: <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 • 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
URINE PREGNANCY TESTING	<ul style="list-style-type: none"> • If you are a premenopausal woman, you will need to submit a urine sample upon office check in

WHAT TO EXPECT POST PROCEDURE

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| <ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> ○ 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. |
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