MANHATTAN GASTROENTEROLOGY

147 East 26th Street
New York, NY 10010
(212) 427-8761
Manhattangastroenterology.com

HIGH RESOLUTION ANOSCOPY (HRA) PREP

1 DAY BEFORE	• **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	• If you are taking **Medicines That Thin Your Blood:** Contact your provider to discuss any adjustments that might be required ○ Medications include but are not limited to Aspirin, Plavix, Coumadin, Lovenox, Eliquis, Xarelto • If you are taking **Aspirin**: Do not hold it pre-procedure. Please take it the morning of your procedure with a small sip of water. • If you are taking **Blood Pressure Medication**: Do not hold 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	• **DO NOT DOUCHE OR USE ENEMAS**
	  ○ Doing so can make it too difficult to see and we may not be able to do the procedure
	• **8 HOURS PRIOR: STOP EATING**
	  ○ 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:**
	  ○ **STOP CLEAR LIQUIDS. No candy or gum either**
	• **Take your regular medications in the morning with sips of water**
	• **Failure to follow these instructions may result in a delay or cancellation of your procedure**

ARRIVAL	• **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	• **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	• If you are a premenopausal woman, you will need to submit a urine sample upon office check in

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.**