



High Resolution Anoscopy (HRA) Instructions

How to prepare for the procedure: Prior to arriving to the office please do a Fleet (or any generic) enema found over the counter at the pharmacy or grocery store in the laxative aisle.

What is HRA? The high resolution anoscopy procedure is a means by which your doctor will use a high-definition camera and special stains (vinegar and iodine) to detect precancerous cells in the anus.

Why do I need an HRA? if you have been diagnosed with anal condyloma (anal warts) or fall into certain high-risk groups your doctor will need to look for signs of precancer.

The procedure: The procedure will last 10-15 minutes during which time a topical anesthetic will be applied to minimize any pain or discomfort. If any abnormal areas are identified and biopsies will be taken and sent to the lab.

What happens after? If biopsies are taken a follow up visit will be scheduled to go over the results. If the test is normal your doctor will tell you when you need another one.

Recovery: If biopsies are taken you may see some spotting of blood for a few days after, and you may experience some pressure and spasm.

- To alleviate discomfort: warm tub soaks, hot compresses, and over the counter Tylenol or Ibuprofen may be used
- **Signs to watch out for: heavy bleeding, uncontrolled pain, fever >101**
- As always in the case of an emergency dial 911
- Call the office with any other questions for concerns 770-325-2275