

Post High-Resolution Anoscopy (HRA) Instructions:



Mount
Sinai

*Institute for
Advanced Medicine*

You have just had high-resolution anoscopy or “HRA” and may have had a “biopsy,” or a tissue sample taken. You may feel like you need to use the bathroom – this is a normal feeling people have from the test. Try not to move your bowels for an hour, the feeling will usually pass. If you do go to the bathroom, you may see a bit of blood.

If you have had a biopsy or treatment, you will feel a gauze pad at the opening of your anus/ butt. Leave it there for an hour and then throw it away. If you do have bleeding after the test, you may need to keep a tissue in your underwear for a day or two.

• **What To Do About Bleeding:**

A little bleeding during bowel movements up to one week after a procedure is not unusual (bleeding may last longer if you are constipated or if you had areas treated/burnt). **If you have heavy bleeding or bleeding that does not stop quickly after bowel movements, call us at 212-604-1721 (Chelsea patients) or 332-243-0100 (Harlem patients) immediately or go to the nearest emergency room.**

• **What To Do About Pain:**

You may have some discomfort or pain after this procedure. If you have only had a biopsy, the pain usually goes away quickly. If you are not allergic, use ibuprofen (Motrin) or acetaminophen (Tylenol) for a day or two.

If your pain is severe and not relieved by your medication, call the nurse at: 212-604-1721 (Chelsea patients) or 332-243-0100 (Harlem Center patients)

Other Instructions:

- Do not put anything into your anus and do not engage in receptive anal sex until your bleeding has stopped and are free from pain.
- Do not drive or perform high risk activities until you have recovered from any anesthesia (this does not apply if you only had local anesthesia).
- You may go about your regular schedule, but avoid hard exercise for one day.

Follow Up:

- While we may have treated abnormal areas today, the Human Papillomavirus (HPV) which can cause changes in your cells and tissue, can stick around and require more treatment in the future. It is important for you to come back for follow-up appointments to make sure everything looks and stays healthy. The doctor or nurse will be in contact with you to explain the need for future treatments or follow-ups. This usually happens through the secure electronic patient portal Mount Sinai MyChart, so please make sure you have a current and active account.

For Appointments:

332-243-0177

(Chelsea and

Harlem Center patients)