



# HIGH RESOLUTION ANOSCOPY (HRA)

## Patient Information Handout

### What is High Resolution Anoscopy (HRA)?

High Resolution Anoscopy (HRA) is a procedure used to closely examine the anal canal and surrounding tissue. It uses a special microscope (called a colposcope) and a magnifying lens to help identify abnormal cells or lesions that may be caused by the human papillomavirus (HPV) or could lead to anal cancer if left untreated.

### Why Do I Need This Procedure?

Your provider may recommend HRA if:

- You have a history of abnormal anal Pap test results
- You are at increased risk for anal cancer (e.g., HIV-positive, men who have sex with men, history of cervical or vulvar dysplasia)
- You have symptoms such as anal bleeding, pain, or lesions

HRA helps detect pre-cancerous changes early, when they are easiest to treat.

### How Do I Prepare?

- No special preparation is needed for most patients.
- Avoid anal sex, douching, or using anal creams/suppositories for 24-48 hours before the procedure unless instructed otherwise.
- Let your provider know if you are on blood thinners or have bleeding disorders.

### What Happens During the Procedure?

1. Positioning: You will lie on your side or in a position similar to a pelvic exam.
2. Exam: A lubricated speculum will be inserted into the anus to gently open the canal.
3. Vinegar & Lugol's Iodine Application: These solutions may be applied to highlight abnormal cells.
4. Magnification: The provider uses a colposcope (not inserted) to examine the tissue under high magnification.

5. Biopsies (if needed): Small samples may be taken from abnormal areas. You may feel slight pressure or pinch.

The procedure usually takes 10-20 minutes.

### **Is It Painful?**

Most people find HRA mildly uncomfortable, but not painful. You may feel pressure, a brief sting from biopsy, or a slight burning sensation from the solutions used.

### **What Should I Expect After?**

- Mild spotting or bleeding is common, especially if biopsies were taken.
- Avoid anal sex, douching, or inserting anything into the rectum for at least 5-7 days if biopsies were done.
- You can return to normal activity right after the procedure.

### **When Will I Get Results?**

Biopsy results, if taken, are usually ready in 7-14 days. Your provider will contact you to discuss next steps.

### **When to Call Your Provider**

Contact your clinic if you experience:

- Heavy bleeding (more than a pad per hour)
- Fever over 100.4°F
- Severe pain
- Foul-smelling discharge

### **Questions?**

Please call our office at [Your Clinic's Phone Number] or visit [Clinic Website] for more information.

This handout is for informational purposes only and is not a substitute for professional medical advice. Always follow your healthcare provider's instructions.