OCRA
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PREPARING FOR YOUR HIGH RESOLUTION ANOSCOPY PROCEDURE

YOUR APPOINTMENT

PHYSICIAN NAME	DATE OF PROCEDURE	ARRIVAL TIME

LOCATION

Corewell Health East Colon and Rectal Multidisciplinary Cancer Clinic
Suite 202A (in Rose Cancer Center)
3577 West 13 Mile Road
Phone: (248) 551-6107
Fax: (248) 551-0835

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?

24–48 HOURS BEFORE THE PROCEDURE

Avoid anal sex, douching, or using anal creams/suppositories for 24–48 hours before the procedure unless instructed otherwise.

TELL YOUR PROVIDER

Let your provider know if you are on **blood thinners** or have **bleeding disorders**.

WHAT TO BUY

Check each box as you pick it up.

- ☐ **2 ready-to-use Fleet saline enemas**
  From any pharmacy.
- ☐ **Disposable enema bag (only if you have chronic kidney disease)**
  If you have chronic kidney disease, use **tap water in an enema bag** instead of the pre-made saline enemas. Disposable enema bags are available from any pharmacy.

2 HOURS

2 hours before your appointment

☐ Done

Use 2 enemas. Follow the instructions on the box, but **disregard the statement to only use 1 enema**. Using 2 enemas will ensure that the rectum is completely clear. To do this:

- Insert the **first enema**. Hold it as long as you can, then expel it.
- **Wait for 10 minutes.**
- Use the **second enema**. Hold it as long as you can, then expel it.

Continue to avoid drinking fluids for the 2 hours between starting the enemas and your appointment.

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.

HOW LONG WILL IT TAKE?

It will take approximately **30 minutes**.

IS IT PAINFUL?

MILD DISCOMFORT

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?

AFTER YOUR PROCEDURE

- **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

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 **(248) 551-6107** 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.