

SEDATED HIGH RESOLUTION ANOSCOPY INSTRUCTIONS

For any questions or rescheduling please call Monday-Friday 8:30am-4:30pm 240-737-0085

Appointment Date:

Arrival Time:

Appointment Time:

Location: The Endoscopy Center of Washington, 2021 K St, NW Suite T-115
Washington DC 20006 tel. 202-775-8692



PREPARATION FOR YOUR HIGH RESOLUTION ANOSCOPY AND SEDATION

ONE DAY BEFORE THE PROCEDURE:

- Do not have receptive anal sex
- 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
- There are no restrictions on food or drink

THE DAY OF YOUR HIGH RESOLUTION ANOSCOPY:

- Come as you are! Please do not douche or use enemas- this can actually make it too difficult to see and we may not be able to do the procedure
- You may consider moving your bowels before coming to the office if needed
- **Eight (8) hours before the High Resolution Anoscopy- NO SOLID FOOD (if you can't see through it- it is considered solid- for example, milk or cream is considered a solid food). Failure to follow these instructions may result in a delay or cancellation of your procedure.**
- You may continue drinking clear liquids up until 3 hours before your procedure

Examples of clear liquids:

- Clear soda such as sprite or ginger ale
- Water
- Apple juice
- Gatorade
- Popsicles
- Chicken/vegetable broth
- Jell-O
- Tea or Coffee without milk, cream or cream substitute
- Clear juice (grape, cranberry, lemonade without pulp)
- **Three hours before the procedure, NOTHING BY MOUTH. This means NO liquids or solids for three hours before your High Resolution Anoscopy- including water. Failure to follow these instructions may result in a delay or cancellation of your procedure.**
- You may brush your teeth and gargle in the morning as well as take your medications with little sips of water.

ARRANGEMENTS FOR TRANSPORTATION HOME

- If you are receiving sedation for your High Resolution Anoscopy, regulatory policy requires that you **MUST** arrange transportation home with an adult. We cannot allow you to leave unattended, even in a taxi or ride share service. Failure to adhere to this policy might require that your procedure be cancelled or withholding sedation for your procedure. If you cannot arrange transportation, your scheduler can give you a list of licensed transportation services.

REGARDING MEDICATIONS

- If you take medications on a routine basis, especially anticoagulants such as coumadin, warfarin, aspirin, Plavix, Eliquis, or any others, please check with the provider performing your procedure AND your primary care provider prior to your High Resolution Anoscopy to determine if they need to be adjusted

CANCELLATION POLICY

- Cancellations for non-medical reasons MUST be made one (1) week in advance of the scheduled High Resolution Anoscopy date. If you cancel within one (1) week of the High Resolution Anoscopy, you will be charged \$150. This cancellation fee will not be covered by your insurance and will be your responsibility. You will need to pay this charge prior to rescheduling your High Resolution Anoscopy.
- Last minute cancellations for medical and personal emergencies (death or illness within your family) will not incur a penalty fee but must be discussed with the provider scheduled to perform your procedure.

BILLING INFORMATION

- You will receive at least two billing statement for your procedure. One will be from your provider and one from the endoscopy center. If the High Resolution Anoscopy includes a pap smear or biopsy, you will receive a third bill from the pathologist. If you are having sedation, you will receive a bill from the anesthesia provider as well.
- Your insurance company will be billed for all such charges. You will continue to receive monthly statements while your insurance company processes your claim(s).
- Please make arrangements with us to pay the portion of your bill that is not covered by your insurance which may include a deductible, a co-pay or co-insurance. Please call your insurance company in advance with any questions about possible costs.
- For most billing questions, please call 240-485-5200 and press option 2.
- For anesthesia billing questions, please call 1-800-222-1442

ABOUT HIGH RESOLUTION ANOSCOPY (HRA)

- HRA is a procedure where a clear, thin, round tube called an anoscope is inserted into your anal canal. A wooden q-tip soaked in vinegar is inserted through the anoscope and left in the anal canal for about 2 minutes. The swab is then removed. The skin around the anal opening is then examined with a microscope and then the anoscope is then reinserted and the anal canal is examined with the microscope. Brushing more vinegar and sometimes an iodine solution helps to detect abnormalities caused by the human papillomavirus (HPV.)
- If a suspicious area is found, a biopsy will be taken and often more than one biopsy is taken. This biopsy is about the size of a sesame seed. The biopsy will be sent to the pathologist to be looked at under the microscope. We will know whether these areas are high risk (increase the risk of cancer), low risk or normal.
- If your procedure is being done to treat warts are high risk cells, these areas will be treated with electrocautery. The procedure itself takes 20-30 minutes. If you are receiving sedation, expect to spend about 2 hours in the endoscopy center from time of arrival to time of discharge.

IS HIGH RESOLUTION ANOSCOPY SAFE?

- While serious complications resulting from this procedure are rare, they may occur. Possible complications include but are not limited to: allergic reactions to the medications injected into the skin or are applied topically to the skin, pain, bleeding, infection, hemorrhoid flares, anal fissures, missed lesions and rarely an anal fistula