

OFFICE HIGH RESOLUTION ANOSCOPY INSTRUCTIONS

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

Appointment Date:

Appointment Time:

Location: Capital Digestive Care, 2021 K St, NW Suite 500 Washington DC 20006

240-737-0085

PREPARATION FOR YOUR HIGH RESOLUTION ANOSCOPY

- 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
 - There are no restrictions on food or drink

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 one billing statement for your procedure. One will be from your provider. If the High Resolution Anoscopy included a pap smear or biopsy, you will receive a second bill from the pathologist.
- 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 billing questions, please call 240-485-5200 and press option 2.

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 takes 10-20 minutes.

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