

Discharge Instructions: After High-Resolution Anoscopy - GI

What to Expect

- You have just had a high-resolution anoscopy (HRA), which might have included a biopsy. You might feel like you need to move your bowels - this is from the pressure of the anoscope going into your anus, and it is normal. Try not to move your bowels for 1 hour and the feeling will usually pass. If you use the bathroom, you might notice a little bleeding – this is also normal.
- If you have had biopsy or treatment, you will feel a gauze pad at the opening of your anus. Leave that in place for about 1 hour and then remove it. If you've had a biopsy or treatment outside your anus, you might need to keep a tissue/gauze against your wound for several days to prevent soiling your underwear.

Bleeding

- For up to 1 week after a biopsy (or up to 2 weeks after treatment), you may have a little bleeding with your bowel movements. If you have heavy bleeding or bleeding that does not stop quickly after bowel movements, **call this office immediately at 716-845-4005, or go to the nearest emergency room.**

Pain Control

- You might experience a little pain after the procedure. If you have only had a biopsy, the pain usually resolves quickly. If you are not allergic, try acetaminophen (regular or extra strength Tylenol®) as needed. Follow the instructions on the label. Do not take more medication, or take it more often, than instructed.
- Prescription strength medication is sometimes necessary, especially after a treatment. Only use the medication when necessary and be sure to follow all directions. Throw away any unused medications. If your pain is severe and not relieved by medication, call the office at **716-845-4005.**

Restrictions

- Nothing goes into the anus until bleeding has stopped and you are free of pain.
- Do not drive or perform potentially dangerous activities until you have recovered from anesthesia and have stopped taking any narcotic pain medication.
- You may resume other activities, but avoid strenuous exercise for 1 day.

Follow-up

While we may have treated an area today, HPV can come back and cause further problems. You may not need more treatment now, but there is a chance that a problem could develop in the future. Please keep all follow-up appointments, including your postop appointment in 3-4 weeks. This will ensure that you have healed properly and that nothing else has developed.

If you need to change an appointment, please call the office at **716-845-4005** at least 24 hours in advance.