



High Resolution Anoscopy (HRA) (Multizonal Clinic 4C)

Information for patients

- The High Resolution Anoscopy (HRA) procedure is used to find early signs of cancer in the **anal canal (bum)**.
- It looks at the different cell types in the **anal canal and surrounding skin**.
- The procedure is not painful.
- The clinic appointment time is often about an hour as we may need to check the vulva, vagina and cervix (neck of the womb).
- There is **no special preparation** for the procedure. **Do not** have anal sex, or use any douches, enemas or creams, or leave any toys, etc. in your rectum for 24 hours **before the procedure**.
- If you need to use the bathroom to empty your bowels (poo), do so before the procedure.

During the procedure

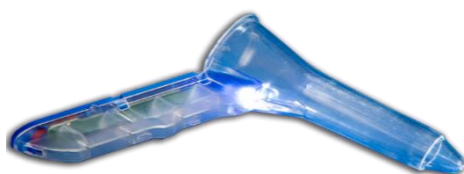
- You will be lying on an examination sofa.
- The clinician will insert a small cotton swab into the anus (bum) to take a sample to check for the group of viruses (Human Papilloma Virus or HPV) that can cause cell abnormalities.



Proctoscopy Examination



- If the HPV is present, the test will also look for any abnormal cells. This is similar to cervical screening (smear test).
- The next step is for the clinician to examine the anus with a finger. This is called a digital ano-rectal examination.
- After this, the clinician will apply a lubricant to a small clear plastic tube called **proctoscope** before putting it into your rectum for examination.



Proctoscope picture

- The clinician will look through a magnifying scope (colposcope) at the inside of your rectum.
- A white vinegar will be applied to make anything abnormal stand out.
- Usually, iodine is used later to help the clinician identify abnormal areas.
- At the end of the procedure a very small biopsy (the size of the tip of a pen) of the abnormal areas may be taken to send to the laboratory for analysis.
- A local anaesthetic will be applied to help with any discomfort.
- This is the only way for us to be sure about what is pre-cancer and what is not.
- You should not feel the biopsies at all. If any part of the examination is too uncomfortable, please tell the clinician as they can then stop.

After the procedure

- You may be a bit sore.
- You will likely have some mild bleeding (from the biopsies) for a few days up to seven days, while the biopsy site is healing.
- If bleeding is heavy, you develop a fever or feel unwell please contact us or visit your GP or go to the Emergency Department (A&E) at Whittington Hospital or any nearby NHS hospital.



- **Do not put anything** in your rectum (have anal sex, toys, etc.) until the bleeding has stopped completely.
- Drink plenty of water and increase fibre in your diet to help make your stool softer.
- Avoid straining, strenuous activities or exercises as it may cause slight bleeding.
- You will be informed with the result within six to eight weeks with the decision if further treatment or follow-up is required.
- At this stage a letter will be sent to you and a copy will also be sent to your GP or referring Doctor.

Further information

Please contact the colposcopy department on 020 7288 5118 or whh-tr.womenshealthadmin@nhs.net. Monday – Friday 9.00 am to 5.00 pm

Clinical Advice (Nurses Line): 020 7288 3138. Please leave a message; response within 24 hours (weekdays).

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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