

POST-HRA (High Resolution Anoscopy) QUESTIONS AND ANSWERS

What you can expect:

You may have some discomfort and bleeding from the anus - especially during bowel movements and with wiping - in the next 2-3 days.

What you should avoid doing:

Do not put anything in your anus/ rectum for one week while you are healing. This includes fingers, penis, sex toys, or enemas *.

When you will learn about the results:

We send the Pap smear of the anal canal and the biopsy specimen to the pathology department where they are specially prepared then examined by the pathologist. The report is reviewed and *you can obtain the results of your testing by calling in 7-10 days, or at follow-up.*

How can you prevent spreading HPV to your partner or lessen the risk if your partner is already infected with HPV?

Use a condom with foreplay and every sexual act, including genital-to-genital touching, anal and vaginal intercourse, fingers and sex toy contact. Since HPV can also be on the scrotum and skin at the base of the penis, there is still some risk of transmission. It is possible that the use of a spermicide may be viricidal (inhibits or kills viruses) as well.

Inform sexual partner(s) that you have HPV and that it can have serious health implications if transmitted. Recommend that your partner have an anal Pap smear (both anal and cervical for women). Consider referring them to our office for an evaluation.

How can HPV be treated?

The best way is to enhance your immune function; this includes a full commitment to healthy lifestyle choices, including:

- Stop (or at least reduce) smoking.
- Drink less than two alcoholic beverages daily, if at all.
- Well-balanced nutrition – including Folic acid
- Regular exercise
- Adequate sleep

There are a variety of medical treatments:

- imiquimod (Aldara®) cream
- Other chemical applications including acid options (BCA, TCA)
- Infrared coagulator (IRC)
- Laser
- Surgical excision
- Not currently available: HPV vaccine (experimental)

* See Toilet Trivia handout and Pain Management handout if necessary. If burning from the acetic acid (vinegar) should be bothersome, consider limited “rinsing” with an enema-like effort (clean tap water).

You will be provided Laser cream to reduce discomfort; use as directed up to three times per day.