As part of your medical care, your medical provider will do various health screens, including an anal Pap smear.

**ANAL PAP SMEAR**

*What is an anal Pap smear?*

- An anal Pap smear is a procedure, performed by a medical provider who checks for abnormalities in the tissue that make up the anus.

*Why is this procedure being done on me?*

- The purpose of the Pap smear is to check for cancer in the anus. In addition, it can identify other changes with the anus that may show pre-cancerous conditions. It is recommended that HIV positive people who have anal sex, infected with human papillomavirus (HPV), a history of anal warts, anal dysplasia (abnormal cell growth), or abnormal cervical Pap smears have this procedure done once a year.

*How is the Pap smear performed?*

- The Pap smear takes about 5 minutes. Your provider will insert a moist Q-tip into your anus and remove it slowly in a circular motion. The material on the Q-tip is immediately placed on slides. The slides are sent to a specialist (a pathologist) who exams them for abnormalities.

*What should I expect?*

- The Pap smear causes little or no discomfort.

**PREPARING FOR THE ANAL PAP SMEAR**

*One day (24 hours) before your anal Pap smear:*

- DO NOT have anal receptive intercourse (sex)
- DO NOT put any creams or medications into your anus
- DO NOT insert sex toys or other objects into your anus
- DO NOT douche or take enemas
FOLLOW-UP
The results of your anal Pap will be mailed to you in approximately 2 weeks.

What do the anal Pap results mean*?

You may have one of the following results:

- Normal: This is a normal test. As part of your medical care, your medical provider will repeat the anal Pap every year.
- Unsatisfactory: The laboratory reported that the specimen was not adequate for evaluation. Your medical provider will repeat the anal Pap at your next appointment.
- Atypia: Non-cancerous changes. A repeat anal Pap will be done in 6-12 months as follow-up.
- Abnormal: Abnormal cells were found. There may be early changes in the size and shape of the cells.
- Dysplasia: There are more noticeable changes in the size and shape of the cells, which may indicate precancerous conditions.

What if my results are abnormal?

- If your test results are abnormal, your doctor will tell you what procedures will be needed and arrange them to be done at a later date.

ANAL BIOPSY
If you have an abnormal anal Pap smear result, your medical provider may refer you to the Colorectal Service/Surgical Oncology Clinic, located in the Stanford Cancer Center, for an anal biopsy.

What is an anal biopsy?

- An anal biopsy is the removal of a tissue sample from the anal canal.

When is it performed?

- An anal biopsy is performed after an abnormal Pap smear or if there are visible lesions in the anal area. It is usually done with a high resolution anoscopy, which is an examination of the anal canal with a magnifying device called a colposcope.

How is the anal biopsy performed?

- A clear thin, round tube called an anoscope is inserted into your anal canal. A wooden Q-tip, soaked in a mild acidic liquid, is inserted through the anoscope and left in the anal canal for 1 minute. Then the anoscope and swab are removed. The doctor re-inserts the anoscope to look inside the anal canal. The doctor uses the colposcope, an instrument with a camera, to pinpoint the precise area of the abnormality. A small piece of tissue (about the size of a rice kernel) is removed from the anus. The total procedure takes about 15 minutes, but the removal of the tissue takes only a few seconds. This procedure is done in the clinic.

What can I expect?

- You may experience some cramping or a pinch like sensation.

What are the risks?

- Most often there are no serious side effects from this procedure. However, complications such as infection or bleeding can occur.
PREPARING FOR YOUR PROCEDURE

**One week before your procedure** do not take aspirin, aspirin containing drugs or ibuprofen. Two to 3 days before your procedure, please have your blood drawn (INR, PTT, platelet count). Pick up the lab sheets at the clinic.

**One day before your procedure please:**

- Do not have anal receptive intercourse (sex)
- Do not put any creams or medications into your anus
- Do not insert sex toys or other objects into your anus
- Do not douche or have enemas

AFTER AN ANAL BIOPSY

**Call the clinic if you have any questions, odd or unexpected symptoms, such as:**

- Bleeding
- Chills or fever of 101º or higher
- Abdominal or stomach pain

**After having an anal biopsy:**

- You SHOULDN’T have anal intercourse (sex) for 1 week after the biopsy, unless your doctor tells you otherwise
- DO NOT insert sex toys or other objects into your anus for 1 week.
- DO NOT take aspirin or ibuprofen for 1 week after the biopsy. You may use oral pain relievers, such as acetaminophen (Tylenol®), if you have discomfort or pain after the biopsy.

**It is very important to have follow-up.**

- You will have a follow-up appointment 1-2 weeks after the anal biopsy to discuss the results.

If you have questions and your own physician is unavailable, the on-call physician is available 24 hours a day, everyday, including holidays. During office hours, contact Dr. Welton or Dr. Shelton by calling (650) 498-6000, hit “5” and ask to speak with D. Sedigo or B. Farsi.

**After hours and on weekends, call the Stanford Page Operator at (650) 723-6661** and the physician on call will be contacted.

**In an emergency, try to contact your colorectal surgeon for advice before going to the hospital. A telephone call may save you a lot of time, discomfort and expense.**

*Adapted from "Questions and Answers about the Pap Test", NCI, 8/2001*