The Anoscopy Test
Stanford University Section Of Colon And Rectal Surgery

The Anoscopy Test
A tube called an anoscope is used to look at the inside of your anus and rectum. Doctors use anoscopy to diagnose hemorrhoids, anal fissures (tears in the lining of the anus) and some cancers.

Potential Risks Associated With The Test
There are no significant risks from anoscopy. Sometimes, especially if you have hemorrhoids, you may have a small amount of bleeding after the anoscope is pulled out.

Preparation For The Test
Before the test, you might want to empty your bladder or have a bowel movement to make yourself more comfortable.

During The Test
This test is usually done in a clinical exam room. You need to remove your underwear. Depending on what the physician prefers, you either lie on you side on top of an examining table with your knees bent to your chest or bend forward over the table. The anoscopes is 3 to 4 inches long and the width of an average-to-large bowel movement. The physician coats the anoscope with a lubricant and then gently pushes it into your anus and rectum. The physician may ask you to “bear down” or push as if you were going to have a bowel movement and then relax. This helps the physician insert the anoscopes more easily and identify any bulges along the lining of the rectum. By shining a light into this tube, your physician has a clear view of the lining of your lower rectum and anus. When the test is finished, the anoscope is then pulled out slowly.

You will feel pressure during the examination and the anoscopes will make you feel as if you are about to have a bowel movement. Do not be alarmed by this sensation; it is normal. Most patients do not feel pain from anoscopy.

When Results Are Available
Your physician can describe the findings of your anoscopy immediately after the test.

After The Test
You can return to your normal activities immediately.