



## How to prepare for your booty-hole health doctor's visit

### General Tips

- If you are anxious or uncomfortable, you are not alone. It is a common feeling, especially if this is your first visit for a booty-hole problem. Tell the physician your concerns so they can help create a comfortable environment for you. Your doctor is here to help you.
- Some people are embarrassed to talk about problems of the booty-hole but remember that a booty-hole is just another part of the body. Tell your doctor what symptoms you are having, in detail, because that will help them figure out the diagnosis and treatment.
- Report any and all symptoms such as booty-hole pain, itching, discomfort, irritation, bleeding (in the poop or while cleaning), drainage often in your underwear, swelling, something sticking out, accidentally passing gas or poop, difficulty pooping, etc. Avoid saying "I have hemorrhoids" because this does not describe what symptoms you are having.
- Typically, you do not need any special preparation for your booty-hole examination, however, check with your doctor's office to make sure.

### What to expect

- Your doctor will likely start by asking you questions. Discuss your symptoms in detail. The more information you give to your doctor, the better they can help you.
- After the initial discussion, your doctor will need to do an exam of the booty-hole. Performing a thorough exam is the best way to get a correct diagnosis.
- A booty-hole exam typically consists of the following parts:
  1. An external visual exam: looking at the booty-hole to see if there are any abnormalities.
  2. A digital anorectal exam: inserting a gloved finger to feel for any abnormalities or areas of tenderness. The doctor can also test your booty-hole muscle during this exam to make sure it is functioning properly.
  3. An internal exam with an anoscope: placing a small instrument into the anus so the doctor can look at hemorrhoidal tissue and evaluate the inside part of the booty-hole.
- This exam is often performed on a special exam table where you are laying on your stomach with your booty up in the air. This position helps your doctor perform the exam more easily. Some physicians chose to do this exam with patients laying on their side instead.

- If you have never had a booty-hole exam, it might feel weird, uncomfortable or unusual. Do your best not to clench your booty muscles because this can increase any discomfort.
- You should not have any pain during the exam. If you are having pain during the exam, please tell your doctor immediately.
- Your doctor will use lubrication during parts of this exam. This makes it easier to do both the exam with the finger and with the anoscope.

### **Questions to ask your doctor**

- What were your findings on my exam?
- What is my diagnosis?
- What are potential treatments for my problem?
- Do I need any further testing or examination?
- Do I need to follow-up with you or another specialist for another exam?

\* A health care provider cannot give you a correct diagnosis without a dedicated booty-hole examination. If your doctor cannot or does not perform a complete booty-hole exam, please ask for a referral to physician who specializes in treating booty-hole problems.

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