

Anorectal Manometry

Procedure Instructions



Procedure Date: _____ Check-in Time: _____ GI Physician: _____

Location: _____ Procedure Time: _____

Special Instructions:

- To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or cancelled.
- If you are pregnant, please discuss the risks and benefits of this procedure with your physician.

Anorectal Manometry:

Overview:

Anorectal Manometry is a test used to evaluate the function and coordination of the sphincter and pelvic floor muscles of the anorectal region. This study also assesses the measurement of resting and squeeze pressures, as well as the length of the anal canal.

This test is performed for the following:

- Chronic constipation or Fecal Incontinence (inability to control bowel movements)
- Rectal prolapse
- Pre-op to evaluate sphincter competence prior to rectal / anal surgery
- To 'Rule out Hirschsprung's Disease (an inborn absence of nerves in the wall of the colon)
- Used in conjunction with Biofeedback training (an effective treatment and technique using Anal Manometry and special exercises to strengthen the anal muscle)

Procedure:

A technician or nurse will perform this procedure after explaining the procedure to you. A brief history will be obtained, and any questions or concerns will be addressed prior to the study. You will change into a hospital gown and asked to lie on your left side with your hips and knees flexed. A small, flexible, well lubricated catheter, about the size of a thermometer, with a balloon at the end is inserted into your rectum. The catheter is connected to a monitor that measures pressures of several muscles in your rectum. During the study, the small balloon will be inflated to assess the normal reflex pathways. You will be asked to squeeze, relax, and push at various times allowing the technician to measure the anal sphincter muscle pressure, two other tests may be performed: (1) An anal sphincter electromyography (EMG) that evaluates the nerve supply to the anal muscle and (2) Balloon Expulsion Test used to measure the time it takes to expel the balloon from the rectum.

Items Needed:

- (2) Fleet enemas

Day Before Your Procedure:

- Administer one enema the evening before the procedure.
- Nothing by mouth (except meds) after midnight the night before the procedure.

Day Morning Of Your Procedure:

- You may take necessary medications with a small sip of water up to 2 hours before your study. These medications include high blood pressure and heart medication. Please consult your physician.
- If you are a diabetic, follow your physician's instruction regarding medication dosage.
- Administer one enema the morning of the procedure.
- Empty your bladder prior to the exam.
- Arrive at your physician's office at the scheduled time.

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After Procedure And Other Considerations:

- You may resume your normal daily activities, diet, and medications following the study. You may drive yourself home after the study since no sedation was involved. Please schedule follow-up visit with your physician to discuss the results of the study. Contact your physician with any unusual symptoms or side effects.

Questions:

- If you have questions, or if you find you cannot tolerate the prep, then please call our patient line at **1-855-455-4278**

