



Anorectal Manometry Test Patient instructions

Anorectal Manometry is a study used to show muscle function abnormalities in the rectum and the anal sphincter. The tests can show abnormalities of the anal sphincter that cannot be shown with other exams. This information will assist your physician in planning treatment for your particular health problem. The study usually takes about 30 minutes of actual procedure time.

Your procedures will take place in an examination room. No sedation is needed for this exam. You will remove your clothing from the waist down. You will be sitting in a chair. A small, flexible lubricated tube (about ¼ inch in diameter) is gently placed in to the rectum about 3-4 inches. During the exam, the tube is moved slightly in order to record pressures within the rectum and the anal sphincter. The tube is connected to a cable that is then connected to a computer that shows a graph of these pressures.

After the exam, you may drive yourself home and go about your normal activities.

Preparation

You may eat a regular diet on the day of the exam. Eating will not interfere with your test results.

However, your bowels will need to empty for the exam. You will need to take **one or two Fleet® enemas 2-3 hours before your scheduled appointment** to clean any solid stools from your rectum. The enemas will help to empty your bowels. You can buy a Fleet® enema at most drug stores or pharmacies.

Risks of Anorectal Manometry

Anorectal manometry is a safe, low risk procedure and is unlikely to cause any pain.