

PREPARATION FOR BIOFEEDBACK

Purchase the following supplies at your local pharmacy:

1– FLEET Saline Enema

Day of your appointment:

Do not eat or drink anything 2 hours before your test.

Continue all medications as usual.

You may drive yourself home after the procedure.

1 ½ hours before leaving for your procedure:

Rectally administer the Fleet enema

Cancel or Reschedule Your Appointment:

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Bring the following to your appointment:

Bring a photo ID as well as up-to-date insurance information, such as your insurance card.

DESCRIPTION OF BIOFEEDBACK

What is biofeedback?

Biofeedback for pelvic floor muscle retraining is a treatment to help you learn to strengthen or relax your pelvic floor muscles in order to improve bowel or bladder function and decrease some types of pelvic floor pain. It uses special sensors and a computer monitor to display information about muscle activity. This information or “feedback” is used to gain sensitivity, and control over pelvic floor muscle function.

What should I expect during biofeedback?

Plan to spend 45 to 60 minutes at the clinic the day of your procedure. A nurse designated by the physician will perform the biofeedback session. During the session you will be lying on your side. A small flexible tube (catheter) will be placed in the anal canal and will be connected to a computer that will help measure the activity of the muscles that control bowel and bladder function. As you tighten or relax the muscles, changes are seen on the computer monitor. Visualizing this information with the aid of the nurse, will help you to identify the correct muscles and learn to make changes that are needed.

What happens after the exam?

You may return home or to work after the exam and resume your usual diet and activities. You may be asked to schedule a few weekly sessions over the course of a month. The nurse may make recommendations for exercises to complete at home.

Are there possible complications with biofeedback?

This exam is very safe for you. There are very few potentially serious complications. You may feel minor discomfort during the procedure but should not feel any pain. The catheter is latex-free.