

## PREPARATION FOR ANORECTAL MANOMETRY TEST

***Purchase the following supplies at your local pharmacy:***

**1– FLEET Saline Enema**

### **Day of your procedure:**

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 procedure:**

Bring a photo ID as well as up-to-date insurance information, such as your insurance card and any referral forms that might be required by your insurance company.

## **DESCRIPTION OF ANORECTAL MANOMETRY**

### **What is anorectal manometry?**

Anorectal manometry is a test that measures how well the rectum and anal sphincters work together to eliminate stool (feces). The anal sphincter has an internal and external sphincter, or valve, which helps to control continence (passing) of stool. These valves are made of muscles that control the opening and closing of the anus. The test measures the pressures of the anal sphincter muscles, rectal sensation and the reflexes that are needed for normal bowel movements.

### **What should I expect during anorectal manometry?**

Plan to spend 45-60 minutes at the center the day of your procedure. The actual procedure takes about 10 to 15 minutes to complete. You will be lying down during the procedure. A nurse designated by the physician will do the procedure. A small flexible tube (catheter) with a balloon on the end will be inserted through the anal opening, past a ring of muscles called the anal sphincter before passing into the rectum. The small balloon at the tip of the catheter will be gradually inflated. This will cause the nerves and muscles in the rectum and anus to begin to squeeze. The end of the tube remains outside of

the anus and will be connected to a computer. The nurse will ask you to squeeze, relax and push at various times to record the contractions and relaxations of the rectum and anal sphincter.

**What happens after the exam?**

You may return home or to work after the exam and resume your usual diet and activities. Results will be mailed to you 7 to 10 working days after your procedure.

**Are there possible complications with anorectal manometry?**

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.