

PREPARATION FOR ANORECTAL MANOMETRY

WHAT TO EXPECT:

Anorectal manometry is a test performed to evaluate patients with constipation or stool leakage.

This test measures:

- Strength of the anal sphincter muscles.
- Sensation of stool in the rectum.
- Movements of the rectal and anal muscles.

You will be asked to lie on your side and a small, flexible tube, about the size of a thermometer, with a balloon at the end is inserted into the rectum. Varying amounts of air are instilled into the balloon while connected to a medical device that measures pressure. During the test, the nurse may ask you to squeeze or to relax or to push as if to pass stool.

Additionally, you may complete a balloon expulsion test (BET). A small deflated balloon will be inserted into the rectum. The balloon will then be filled with a small amount of warm water. You will then sit on a commode (toilet seat) and try to expel the balloon as if you are having a bowel movement. The nurse will step out of the room for your comfort and privacy for this portion of the procedure.

The test takes about 60 minutes. You may drive yourself home and go about your normal activities after the test.

WHAT YOU WILL NEED:

- 2 Fleets Saline Enemas (available over the counter at your pharmacy).

PREPARATION:

- Take all regularly scheduled medications unless otherwise specified in these instructions.
- If you are diabetic, please refer to the separate instruction sheet for details regarding diabetes medication adjustment and additional preparation instructions.

DAY OF PROCEDURE:

- **4 hours prior to your procedure** – do not have anything to eat or drink
- **2 hours before leaving home** - administer the 2 Fleets Enemas rectally
 - Administer one enema at a time, one right after the other. It is okay if you wait a few minutes in between each enema.
 - After you administer each enema, hold for several minutes (or as long as you can) but no more than five minutes, then move your bowels.