

Anorectal Manometry (Motility) Study Patient Education & Preparation

Appointment Date: _____

Procedure Time: _____

*****Please arrive 30 minutes prior to your procedure time*****

What Is This Test?

This study measures how well the muscles and nerves of your anus and rectum are working and helps evaluate constipation, fecal incontinence, or pelvic floor dysfunction. The test takes about 45 minutes.

What to Expect

You will lie comfortably on an exam table. A small soft catheter about the size of a rectal thermometer, with a tiny balloon on the end, will be gently inserted into the anus and rectum. A device connected to the catheter that allows the technician to change the pressure in the balloon by inflating and deflating it. You will be given simple commands such as squeezing, relaxing, pushing, or coughing for brief intervals while the computer software records data from the balloon. Mild pressure or fullness may occur, but the procedure is generally well tolerated.

*****IMPORTANT PREPARATION INSTRUCTIONS*****

PLEASE NOTE: Not following these instructions can prevent us from safely or accurately completing your test. Please follow all preparation steps carefully to avoid delays or rescheduling.

Several Days Prior to Exam

Purchase two (2) Fleet Enemas at your local drug store

Day Prior to Exam

Use one (1) Fleet Enema at 7:00 pm

Day of Exam

Use one (1) Fleet Enema 2 hours before your arrival time. *(If you have a long distance to travel to this appointment allow yourself more than 2 hours.)*

Eat a light meal

Take any diabetic and regular medications as usual

After Procedure

You may resume normal daily activities

Questions?

Contact our office if you have questions before your appointment.