

Anorectal Manometry

WHAT IS ANORECTAL MANOMETRY?

Anorectal manometry is a test performed to evaluate patients with constipation, fecal incontinence or other possible disorders that may involve the pelvic floor muscle group. This test measures pressures of the anal sphincter muscles, the sensation of the rectum, and the neural reflexes that are needed for normal bowel movements.

PREPARATION FOR THE PROCEDURE

Give yourself one or two Fleet® enemas 2 hours prior to your study. You can purchase the Fleet enema from a pharmacy or supermarket. As this procedure does not involve sedation, you may continue to eat and take your normal medications up until the time of the procedure.

THE PROCEDURE

The test takes approximately 15-25 minutes. A trained medical professional will explain the procedure to you and answer any questions you may have. To start the test you will be positioned on your left side in the fetal position. A small, flexible catheter, about the size of a thermometer, with a balloon at the end is inserted into your bottom. The catheter is connected to a machine that can detect air pressure readings. During the test, you will be asked to perform a few different maneuvers to help the doctor get a better idea of why you are having certain issues. When the test is complete there is a report that is generated that the doctor will review to be able to provide next steps.

RISKS OF ANORECTAL MANOMETRY

Anorectal manometry is a safe, low risk procedure and is unlikely to cause any pain. Though complications are rare there may be perforation (tearing) or bleeding of the rectum.

After the examination, you may drive yourself home and go about your normal activities. It is completely natural for you to feel shy or embarrassed during the test, but the medical professionals are dedicated to making this experience as comfortable as possible. This test will give the physician crucial information that can help find the best solution for you.