

# Your Procedure Appointment

- Do not eat or drink anything within 6 hours of your appointment.
- Follow your doctor's instructions concerning your medications as listed below.

## Medications

## Instructions

_____	_____
_____	_____
_____	_____

Date of study:

Time of study:

Location:

Other instructions:

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Patient Information

# Anorectal Manometry Study

# “My doctor says I need an anorectal manometry procedure. What should I expect?”

## What is an Anorectal Manometry procedure?

**Anorectal Manometry** is a diagnostic test that will evaluate the function of your anal canal and rectum. The rectum and anal canal are located at the end of your colon and help maintain continence and allow defecation.

The procedure is performed to help identify causes for various problems such as anal pain, fecal incontinence and difficulty passing bowel movements. Anal manometry is often performed as part of a pre-surgical evaluation.

This study will measure the pressure of the anal sphincter muscles and determine if relaxation is occurring as it should when passing a stool. Your doctor will use these measurements to determine the best plan for you.

## Preparing for the Procedure

Your physician will inform you if any preparation is required. Often a small enema is administered at home an hour before the procedure.

## Study Information

This is a very easily tolerated procedure that takes approximately 15 minutes to perform. The procedure involves gently passing a small tube about 5 inches into your anal canal. You may feel a slight pressure sensation as the tube is inserted. This sensation subsides quickly once the tube is positioned. You will be asked to squeeze and push several times during the procedure. A small balloon will be inflated in the rectum and you will indicate if you feel the sensation.

- You will be able to drive yourself home.
- You will most likely have no discomfort and resume your normal activities immediately following the procedure.
- Your doctor will review the procedure results and discuss them with you at a later date.

