

Anorectal Manometry

Your provider has ordered anorectal manometry testing. This is a test performed to evaluate patients with constipation or fecal incontinence. Anorectal manometry is a safe, low risk procedure and is unlikely to cause any pain. This test measures the pressures of the anal sphincter muscles, the sensation in the rectum, and the neural reflexes that are needed for normal bowel movements. If you are allergic to latex, you should inform the nurse/technician before the test so that a latex free balloon can be used.

The test itself takes approximately 30 minutes. When complete, you may drive yourself home and go about your normal activities. Please allow 7-10 business days for results.

PREPARATION FOR THE PROCEDURE

- **Midnight of the test day:** Do NOT eat anything after midnight prior to the procedure.
 - If you are diabetic, this may involve adjusting your diabetic medications – consult your prescribing provider 5-7 days prior for instructions/adjustments.
- **Day of test:** You may take regular medications the morning with a small sip of water. This needs to be at least 2 hours prior to the study.
- **Two hours before the test:** Give yourself one or two Fleet® saline enemas. The enemas can be purchased from a pharmacy or supermarket.

Thank you for choosing CHI Health Clinic – Gastroenterology.

Procedure Center

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If you have any questions, please feel free to contact us at **402.717.9800**.

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