

Anorectal Manometry Preparation Instructions

Please arrive 1 hour and 15 minutes prior to your procedure time: If you are delayed, please call 970-384-7500 to let the clinic know, otherwise we may need to reschedule your appointment.

1 WEEK BEFORE YOUR STUDY:

- You may need to temporarily discontinue certain medications prior to your procedure.
 - **Essential Medications:** Blood pressure, heart, Parkinson's, or seizure medications can usually be taken with small sips of water on the morning of the test.
 - **Medications to Stop: motility drugs** (e.g., Reglan), **calcium channel blockers** (e.g., Cardizem), **nitrates** (e.g., Isordil), **diabetic/weight loss medications** (e.g., Ozempic), **narcotics/opioids or NSAIDs**, please contact the GI clinic at 970-384-7510 for instructions on how to adjust these medications.
 - If you are diabetic using **insulin**, your medication may need to be adjusted. Please contact your PCP for directions.
 - This includes Ice, gum, chewing tobacco, and smoking



- Purchase **two (2) fleet enemas** over the counter at any pharmacy/store.
- If you have **kidney function** issues, please contact The Gastroenterology Clinic to make sure this medication is right for you.

DAY OF PROCEDURE

- Do **NOT** consume any solid food or liquids **6 hours** prior to your procedure.
 - includes Ice, gum, chewing tobacco, and smoking

HOW TO USE ENEMAS

- **60 minutes** prior to leaving your house, administer the **1st** fleet enema
 - Follow the instructions on the box.
- **30 minutes** prior to leaving your house, administer the **2nd** fleet enema
 - Follow the instructions on the box.

IMPORTANT REMINDERS FOR DAY OF PROCEDURE:

- **Parking** can be a challenge. Please plan to arrive **1 hour and 15 minutes** prior to your arrival time to park and navigate our campus. The hospital offers free valet in both the upper and lower entrances of the hospital.
- Please have your **ID, insurance card and any copays** with you at check-in.
- If you need to change or reschedule your appointment, please call 970-384-7512 8:30am-4:30pm.
- **Please leave all jewelry and valuables at home.**
- If you use **oxygen** at home day or night, please bring a portable tank with you.
- Valley View will release **ALL** results to you as soon as they are available. Therefore, you may see some results even before we do. Please give the provider 2-3 weeks to review your results and reach out to you. If you have an immediate concern, please send a message through My Health Connection, or call the scheduling line to send a message to the provider.

Understanding Anorectal Manometry

The rectum and anus let solid waste (stool) leave the body. Anorectal manometry is a test to look at how well the muscles and nerves in these areas are working. It measures pressure in the rectum and anus when you do things during the test like cough, squeeze, and push down.

Why the test is done

The test can help diagnose problems with nerves and the movement of muscles in the anus and rectum. It can find out if these muscles aren't working as they should be. This can cause health conditions, such as sphincter weakness or abnormal rectal sensation. The test may be done if a person has any of these problems:

- Can't let stool out when needed (constipation).
- Can't hold stool in when needed (fecal incontinence).

Risks of anorectal manometry

All procedures have risks. The risks of this test include:

- Bleeding from the rectum.
- Hole (perforation) in the rectum.
- Pain while passing stool after the test.
- Allergic reaction to latex in the balloon.

Getting ready for the test

- Don't eat or drink for 2 hours before the test or as directed by your doctor. If you need to take medicine, take it with a small sip of water.
- You will likely need to empty stool from the rectum 2 hours before the test. This is done with an enema. You can buy an enema kit at a drugstore. Check which type of enema your doctor advised you to use. Follow the directions on the package.
- Tell your doctor about all the medicines you take. This includes all prescription and over-the-counter medicines. It also includes vitamins, herbs, and other supplements.
- Tell your doctor if you are sensitive or allergic to latex.
- Follow all other instructions from your doctor.

What happens during the test

How the test is done may vary, but usually during the test:

1. You may be given medicine to help you relax.
2. You'll lie on your side on a medical table.
3. The doctor will put a thin, flexible tube (catheter) into your anus and rectum. The end of the tube that goes inside the rectum has a small, deflated balloon on the tip. The other end of the catheter is attached to a computer. The tube has pressure sensors on it. The sensors send pressure readings to the computer.

4. You will be asked to do several things during the test. You will be asked to relax. You will be asked to push down like you are trying to move your bowels. You will be asked to squeeze your anus like you are holding in gas. You may be asked to cough. The doctor will take measurements during each of these actions.
5. The catheter will be removed. A saline-filled balloon may then be inserted. You will be asked to push the balloon and tube out of your rectum like a bowel movement. This may be repeated with different balloon sizes or positions.

After the test

After the test, you can go home. If you had medicine to help you relax, have a family member or friend drive you home. Your doctor will let you know the results of the test. You can resume your diet and normal activities if your doctor says it's safe to do so.

When to contact your doctor

Contact your doctor if you have:

- A fever of 100.4°F (38°C) or higher, or as directed by your doctor.
- Pain that gets worse.
- More than a small amount of bleeding from the rectum.
- Signs of an allergic reaction, including:
 - Itching.
 - Hives.
 - Trouble breathing (call 911).
- Symptoms that don't get better, or get worse.
- New symptoms.