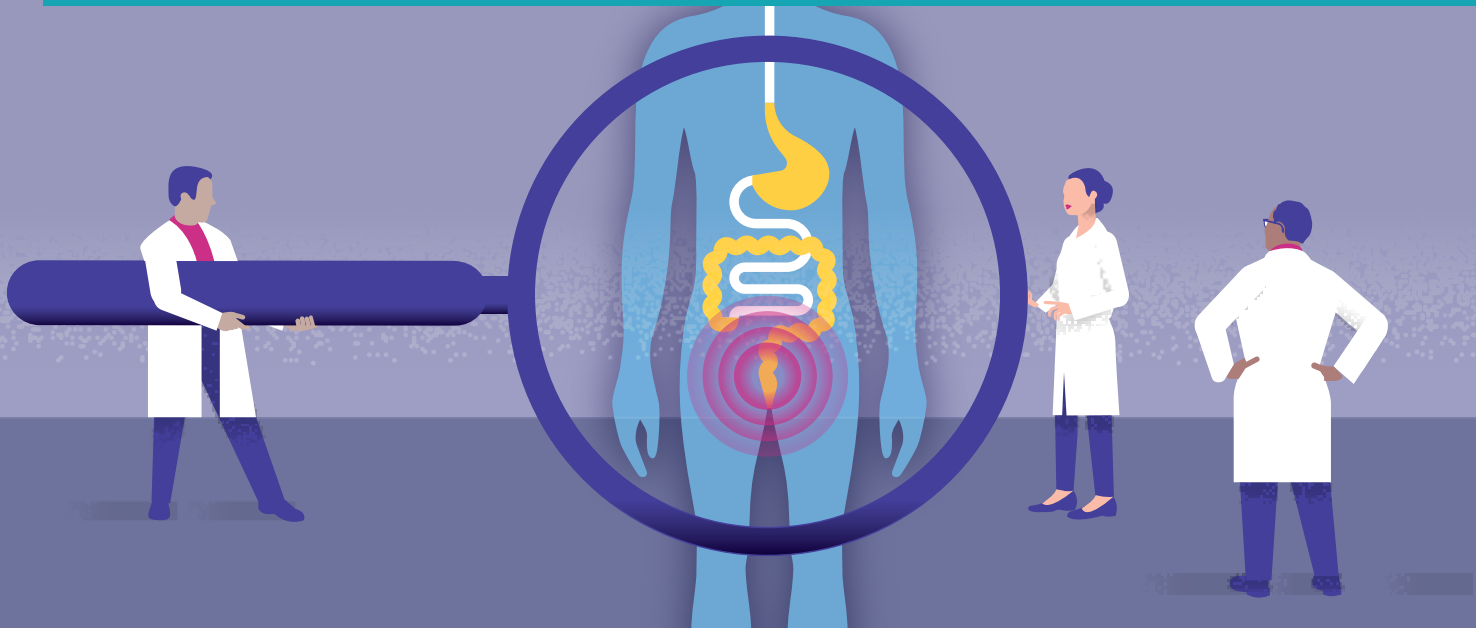


Anorectal Manometry Test Preparation Instructions



- ☐ **DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:
- If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
 - Take scheduled medications at least 2 hours prior to your test with a small amount of water.



- ☐ **SCHEDULE** your anorectal manometry. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your anorectal manometry, if it was not scheduled for you at your clinic appointment. Note: The PCC may also call you to schedule the procedure.



LOCATION Your anorectal manometry will be performed by a nurse at the selected location listed below:

- ☐ **UCLA Medical Center**
100 UCLA Medical Plaza #205
 Los Angeles, CA 90095
 Date _____
 Time _____
 (Please check in 15 minutes before procedure time)



AT LEAST 2 HOURS BEFORE the anorectal manometry, give yourself 2 tap water enemas within 30 minutes of each other. To do so, purchase a saline enema and empty out the contents of the bottle. Rinse it thoroughly and then fill it with warm tap water. Administer the enema following the package instructions. You may purchase the saline enema from your local pharmacy or supermarket without a prescription. The purpose of the enemas is to make you have a bowel movement to clean out the immediate area, so that the probe may be easily inserted into your rectum. Take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with a small amount of water.

WHAT IS ANORECTAL MANOMETRY AND WHAT CAN I EXPECT DURING THE TEST?

Anorectal manometry is a test performed to evaluate patients with constipation or fecal incontinence. 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.

You will be asked to change into a hospital gown. A nurse will explain the procedure to you and answer any questions you may have. The test will be performed by the nurse, and there will be a chaperone present due to the sensitive nature of the test. You will be asked to lie on your left side. A small,

flexible tube with an inflatable balloon at the tip will be inserted into the rectum. The tube is about the size of a thermometer. The tube has sensors on it to detect pressure. With the tube in place, the nurse will instruct you to squeeze, relax, and push or bear down at various times. The anal sphincter muscle pressures are measured during each of these maneuvers. The small balloon attached to the catheter will be inflated in the rectum to assess reflex pathways. After this has been done, the tube will be removed and replaced with a balloon that will be filled with some water. You will be asked to expel the balloon as if it were a bowel movement. If you are unable to do so, the balloon will be deflated and carefully removed. Once this has been completed, you may drive yourself home and go about your normal activities. The test takes about 30 minutes to complete. The study is interpreted by gastroenterologists who have expertise in diagnosing and treating gastrointestinal motility disorders.

