



## ANORECTAL MANOMETRY

Read these instructions at least a week before you come for your procedure.

### WHY DO I NEED THIS TEST?

This test will help us find out how the muscles in your rectum work. You may need this test if you:

- Have accidents/leakage of stool
- Constipation or difficulty passing stool

### HOW DO I GET READY?

- **Do not eat solid food for 8 hours before you have the test.** You may have liquids to drink and you may have a light breakfast if the test is in afternoon.
- Please use 2-3 Fleets enemas 3-4 hours before your test. If you have watery diarrhea (daily), you do not need to use the enemas.
- If you are having Defacography or Barium Studies the same day as this test, please be sure these studies are scheduled after your Anorectal Manometry.
- **Arrive at the hospital one hour before your appointment** to allow for parking and registration in our department.
- Please limit the number of people you bring with you to our waiting room.
- **Bring a list of current medications and medication allergies with you.**
- You may take your morning medications as usual.

### REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter the DHCoE waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.

### HOW DO I TAKE THIS TEST?

- Please allow 60 minutes for your procedure.
- A nurse will explain the test to you. Ask them any questions you might have.
- A small flexible tube will be placed into your rectum. You will be instructed to squeeze and strain, this will tell us how well your muscles work.

## WHAT HAPPENS AFTER THE EXAM?

- You may have a small amount of water drain from your rectum. The water is from the tube that we placed inside of you.
- Before you leave, you will be given discharge instructions. **Please contact the physician who ordered your procedure to obtain test results as it relates to your plan of care.**
- After you leave, if you have pain, or a lot of rectal bleeding, please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the GI doctor on-call. You may also go to your local emergency room.
- If you have questions about the test please call **(434) 924-9957**.
- If you need to cancel or reschedule your test, please call **(434) 924-9999**.
- If you are out of the area, you may use 1-800-251-3627 and ask the operator to connect you to any of the above numbers.

The Digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.