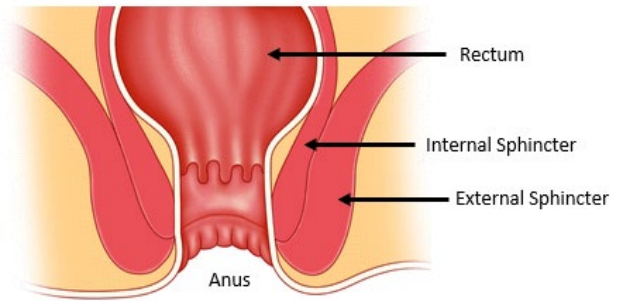


Anorectal Manometry – A Patient’s Guide

What is anorectal manometry?

Anorectal manometry is a test performed to evaluate patients with constipation, incontinence, and other disorders. This test measures the pressures of the anal sphincter muscles, rectal sensation, and the neural reflexes that are needed for normal bowel movements. There are two components to this test, the anorectal manometry and electromyography, which measures the electrical activity of the muscles and nerves.



Preparation for the procedure

- You will give yourself a single Fleet® enema 2 hours before your study. Fleet enemas can be purchased from a pharmacy or supermarket.
- Please have nothing to eat or drink 2 hours prior to your test.
- You may still take your regular medications with water prior to the study.
- Part of the exam requires attaching leads to the abdomen, directly above and below the bellybutton. Please shave/trim this area if needed so the leads can attach and be removed without discomfort.

The procedure

- The test itself takes approximately 30 minutes, plan on being with us for about an hour.
- You will be asked to lie down on your side.
- A thin flexible catheter, thinner than a pencil, with a small balloon at the end and four very small balloons a little further back, is lubricated and inserted only 4” to 5” into the rectum.



The *mcompass*® Anorectal Manometry Catheter

- The catheter is connected to a small handheld device that measures the pressures of your rectum and anal sphincter muscles.
- The nurse or technician will ask you to squeeze, relax, and push at various times.
- During the test, the balloon in your rectum will be inflated with air using an empty syringe, to assess normal neural reflexes.
- After the examination, you may drive yourself home and go about your normal activities.



Risks of Anorectal Manometry

Anorectal manometry is a safe, low risk test and is unlikely to cause any pain. All *mcompass*® catheters are latex-free.