



## **ANORECTAL MANOMETRY PATIENT INSTRUCTIONS**

Anorectal manometry is an in-office procedure used to evaluate chronic constipation or fecal incontinence. The test uses a small, flexible catheter to measure nerve sensitivity, sphincter function, and reflexes involved in defecation. This test requires very little preparation. Please follow the instructions outlined below.

- 2 hours prior to your test, you should give yourself a single Fleet's enema. This can be purchased at your nearest pharmacy or supermarket.
- We ask that you have nothing to eat or drink for 2 hours prior to your test. You can take any regular medications with sips of water prior to this time.
- You should arrive at our Cary location a minimum of 15 minutes before your scheduled procedure time. Our address is 1000 Crescent Green Dr, Suite 102, Cary, NC 27518.