



INDIANA UNIVERSITY HEALTH

GI MOTILITY LAB

&

GASTRIC ELECTRICAL STIMULATION PROGRAM

### **ANORECTAL MANOMETRY AND COMPLIANCE TESTING**

**ANORECTAL MANOMETRY AND COMPLIANCE TESTING** -Your physician has ordered this test, which is most commonly done on patients who suffer from constipation or fecal incontinence (leakage of stool). This test measures the pressures of the anal sphincter muscles, the sensation and muscle tension in the rectum, and the neural reflexes that are needed for normal bowel movements.

#### **How Do I Prepare For The Procedure?**

1. Give yourself one Fleet® enema 2 hours prior to your appointment time (You can get the Fleet enema over-the-counter from a pharmacy or supermarket, and follow its instructions). If you have no bowel movement after the Fleet® enema, you will need to do it again with another Fleet® enema.
2. You should not eat anything during the two hours prior to the procedure. If you are diabetic, this may involve adjusting your diabetic medications.
3. You may take scheduled medications at least 2 hours prior to the study with small sips of water.
4. You may drive yourself home, eat and go about your normal activity after the procedure is completed.
5. ***Please complete the enclosed forms and bring a list of your medications. Bring all up-to-date insurance information and identification to your appointment, as well as complete names, addresses, phone and fax of all doctors you want to receive a copy of the report.*** Medicare does not require preauthorization or precertification for this procedure; however, many private insurance carriers and managed care organizations do. We recommend you contact your insurance company prior to your procedure, if you have any questions about coverage.
6. ***PLEASE ARRIVE 30 MINUTES PRIOR TO YOUR SCHEDULED PROCEDURE TIME.***
  - a. Check-in at the Front Admitting Area located on the first floor of University Hospital, 550 N. University Blvd, Indianapolis Indiana.
  - b. Once registration is completed, the registration clerk will notify the Motility Clinic of your arrival. Proceed to the Central Elevators.

- c. Take them to the 5<sup>th</sup> floor, (5601) and wait in the chairs immediately to the left of the elevators. The motility nurses will escort you to the Motility Lab.
- d. Please use valet parking, which is available under the glass canopy

### **What does the procedure involve?**

The test takes approximately 60 minutes. It is performed in a room with toilet facilities with consideration for your privacy. You will be asked to change into a hospital gown. A nurse will review the procedure with you, take a brief health history and answer any questions you may have. The person then lies on his or her left side. A small, flexible tube, about the size of a thermometer, is inserted into the rectum. The tube (high resolution manometry catheter) is connected to a machine that measures pressure. During the test they will ask you to squeeze, relax, and push. The anal sphincter muscle pressures are measured during each of these maneuvers. To squeeze, the person tightens the sphincter muscles as if trying to prevent anything from coming out. To push, the person bears down as if trying to have a bowel movement. We also will inflate a balloon in your rectum to test sensation and muscle tension.

**Balloon Expulsion Test** - The nurse or doctor may also ask you to perform this test. For this procedure, a small balloon is inserted into the rectum. The patient goes to the bathroom and tries to defecate (expel) the balloon. If unable to expel, the balloon is removed.

**Risks** - Anorectal manometry is a safe, low risk procedure and is unlikely to cause any pain. Complications can occur, but are rare: it is possible that a perforation (tearing) or bleeding of the intestinal wall could occur. Equipment failure is unlikely, but does remain a remote possibility. ***If you are allergic to latex, you should inform the nurse/technician before the test so that a latex free balloon can be used.***

### **What does one learn from anorectal manometry?**

Ordinarily, the sphincter muscle tightens, and the anal canal pressures increase when the person tries to squeeze. When the person stops squeezing, the muscles should relax, and pressures return to baseline. When the person pushes, as if having a bowel movement, the sphincter muscles should stay relaxed. This will cause the pressures to stay the same as during rest, or to decrease slightly. If the pressures increase during a push, this may be a sign that the sphincter muscles tighten when pushing. This tightness could contribute to constipation. Anal manometry shows how strong the sphincter muscles are and if they relax as they should during rectal emptying. Weak muscles that still tighten some can be strengthened with special exercise and treatments. Muscles that do not relax with a push can also be retrained. This is called Pelvic Muscle Retraining. If the muscles are very weak, some constipation operations may be modified. If a person with colonic inertia has weak sphincters, then to prevent incontinence, the colon may not be shortened as much.

**\*\*If you should have any questions regarding your medications please contact your prescribing doctor. If you need to change your appointment for this test, please contact the**

**Motility Lab scheduler 317-944-7817. If you have any specific questions regarding the test, please contact the Motility Lab at 317-948-8137.**