

Anorectal Manometry Study

Your doctor has recommended you have an anorectal manometry study as part of your evaluation. Anorectal manometry is a study performed to evaluate patients for various disorders such as constipation or fecal incontinence. This study measures the pressures of the anal sphincter muscles, the sensation in the rectum, and the neural reflexes that are needed for normal bowel movements.

Risks

Anorectal manometry is a safe, low risk procedure and is unlikely to cause any pain. Complications are rare: it is possible that a perforation (tearing) or bleeding of the rectum could occur.

Preparing for the Study

Your nurse will instruct you as to whether you need to take a Fleets enema prior to the examination. Tell your doctor in advance of the procedure about all medications that you're taking and about any allergies you have to medication.

During the Study

The study takes approximately 30 minutes. The nurse will explain the procedure to you and answer any questions you may have. You will then lie on your left side. The catheter is then inserted into the rectum and secured with tape. During the study the nurse will ask you to squeeze, relax, and push at various times. The anal sphincter muscle pressures are measured during each of these maneuvers. To squeeze, the patient tightens the sphincter muscles as if trying to prevent anything from coming out. To push or bear down, the patient strains down as if trying to have a bowel movement. The neural reflexes will be studied utilizing a small balloon which will be inflated with different volumes of air.

An anal sphincter electromyography (EMG), a study to evaluate the nerve supply to the anal muscle may also be done.

You will be able to drive yourself home after the study. Your doctor will review the study results and discuss them with you later.

Questions?

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