



Patient Information on Anorectal Manometry



**Prosser Digestive Health
Motility Center**

Prosser Memorial Health

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Table of Contents

Welcome	3
Understanding Anorectal Manometry	4
Preparing For Your Test.....	6
What to Expect During Your Visit.....	8
The Steps During the Procedure.....	10
After the Procedure.....	12
FAQ.....	14
Notes.....	16

Welcome



Thank you for trusting us with your care. This guide from the Prosser Digestive Health Motility Center team will walk you through your anorectal manometry procedure and explain what to expect during and after your visit. Please follow the instructions carefully and do not skip any steps.

For any questions, please call us at 509.788.5599, Monday-Friday, 8 AM - 5 PM.

These preparation guides are also available online at ProsserHealth.org. To access them directly, please scan the QR code provided.



Understanding Anorectal Manometry

The Test for Anal and Rectum Issues

WHAT IS AN ANORECTAL MANOMETRY?

Anorectal manometry is a non-invasive test that measures how well your anal sphincter muscles are working and how your rectum responds to normal functions.

This test helps your gastroenterologist understand the causes of symptoms like chronic constipation, difficulty passing stool, or fecal incontinence.

WHY YOU MIGHT NEED IT?

Your gastroenterologist has recommended this test to:

- Evaluate the strength and function of your anal sphincter muscles
- Assess the sensitivity and reflexes of your rectum
- Determine if there are muscle coordination problems
- Guide treatment decisions for your specific symptoms



HOW LONG DOES IT TAKE?

The procedure typically takes 20 to 60 minutes, depending on which tests your doctor wants to perform.

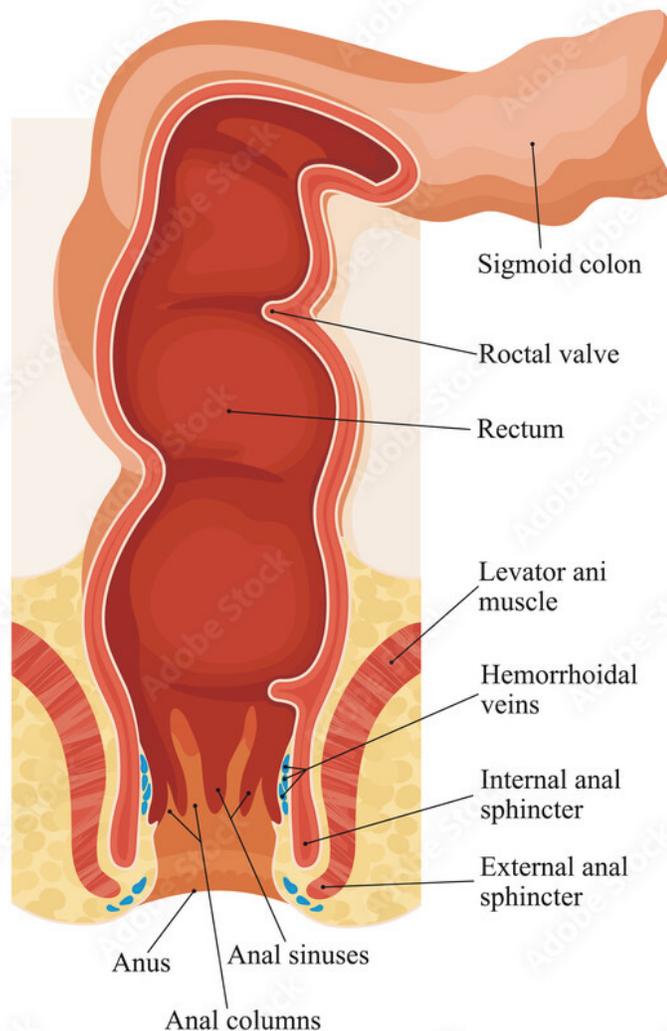
You will be fully awake throughout the procedure, and there is no sedation required.

WHAT EQUIPMENT IS USED?

A small, flexible catheter (tube approximately 1/4 inch in diameter) with a small balloon attached will be gently inserted into your rectum.

The catheter is lubricated to make insertion easier and more comfortable. If you have a latex allergy, please inform our staff so we can provide a latex-free alternative.

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Preparing For Your Test

Important Steps to Take

ONE WEEK BEFORE YOUR PROCEDURE:

- Purchase supplies: Buy two (2) saline Fleet enemas from any pharmacy or supermarket. These are over-the-counter products and don't require a prescription.
- No special diet restrictions during this week, but maintain your normal healthy eating habits.

THE DAY BEFORE YOUR PROCEDURE:

- You may eat normally until midnight.
- After midnight, consume only clear liquids.
- At least 2 hours before bedtime, administer one enema following the package instructions.
- Continue taking all of your regular medications as prescribed, unless your doctor instructed you otherwise.

TWO HOURS BEFORE YOUR APPOINTMENT:

- Administer your second enema following the package instructions.
- Stop eating and drinking all fluids (except water, which is acceptable in small amounts).
- You may take your regular medications with a small sip of water if needed. Please inform our staff of any medications you have taken.
- Empty your bladder just before leaving for your appointment.

WHAT TO WEAR:

- Wear loose, comfortable clothing that is easy to remove.
- Avoid tight belts or restrictive clothing.

TRANSPORTATION:

- No sedation is used, so you may drive yourself to and from the procedure. However, if you feel anxious or prefer to have someone accompany you, they are welcome to.

ARRIVAL:

- Plan to arrive 15 minutes early for check-in.
- Bring your insurance card and photo identification.
- Bring a list of all current medications.

SPECIAL CONSIDERATIONS:

If you are diabetic:

- Contact your prescribing physician to discuss whether your diabetes medications need to be adjusted on the day of your procedure.
- Skipping meals before the procedure may affect your blood sugar levels.
- Plan this appointment early in the day if possible.

If you take blood thinners or anticoagulants:

- Inform our staff immediately.
- Do not stop these medications without consulting your prescribing doctor.

If you have a latex allergy:

- Notify our office before your appointment so latex-free equipment can be prepared.

If you are pregnant:

- Inform our office immediately, as this may affect procedure planning.



What to Expect During Your Visit

Checking in at the Hospital

CHECK-IN:

Our staff will greet you, verify your information, and ask you about:

- Your medical history
- Any allergies (especially latex)
- Current medications and supplements
- Your symptoms and reasons for the test

PREPARATION:

- You will be taken to a private exam room.
- A staff member will explain the procedure in detail and answer your questions.
- You will change into a gown and a sheet will be provided for privacy and comfort.



DURING THE PROCEDURE:

- The staff member will position you on your left side with your knees bent.
- A lubricant will be applied to the catheter for your comfort.
- The catheter will be gently inserted.
- You will be asked to perform the specific tasks described above (squeeze, bear down, expel balloon).
- The entire procedure takes place in a private, respectful environment.



AFTER THE PROCEDURE:

- The catheter will be carefully removed.
- You will be given time to dress and return to normal comfort.
- You may experience very mild discomfort or a slight urge to have a bowel movement—this is normal and temporary.
- Our staff will provide you with any necessary instructions before you leave.

The Steps During the Procedure

What to Expect

POSITIONING AND SETUP:

- You will change into a hospital gown and be asked to undress from the waist down.
- You will lie on your left side with your knees slightly bent toward your stomach.
- A staff member will explain each step before it happens and answer any questions.

TESTING PHASE:

- A small, well-lubricated catheter will be gently inserted into your rectum.
- The catheter is slowly placed about 3 to 4 inches into your rectum.
- You may feel mild pressure or a brief urge to have a bowel movement, but the procedure should not be painful.

During the test, you will be asked to:

Squeeze: Contract your anal sphincter muscles as though you're trying to hold in a bowel movement. You'll typically do this 2 to 3 times.

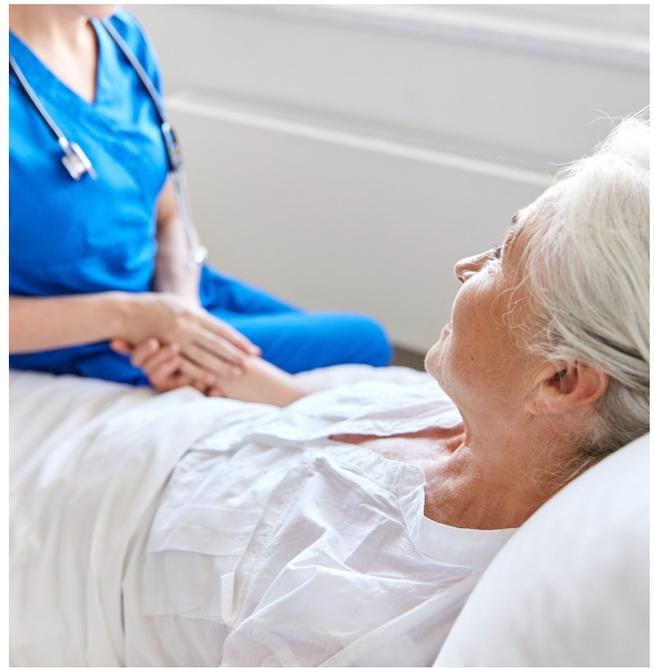
Bear Down: Push as though you're trying to pass a stool for about 20 seconds. This helps assess how your muscles relax during straining.

Balloon Expulsion: In some cases, a different catheter with an inflated balloon will be inserted, and you'll be asked to sit on a bedside commode and try to expel the balloon within 5 minutes.

COMMUNICATION DURING THE PROCEDURE:

Our staff will be with you the entire time. Please let them know immediately if you experience:

- Significant pain
- Excessive discomfort
- Lightheadedness or dizziness
- Any other concerning symptoms



After the Procedure

Understanding What Happens Next

IMMEDIATE AFTER EFFECTS:

Most patients experience no side effects after the procedure. You may notice:

- Mild rectal discomfort or a sense of fullness for a short time.
- A brief urge to have a bowel movement.
- These symptoms typically resolve within a few minutes to an hour.

ACTIVITY AFTERWARDS:

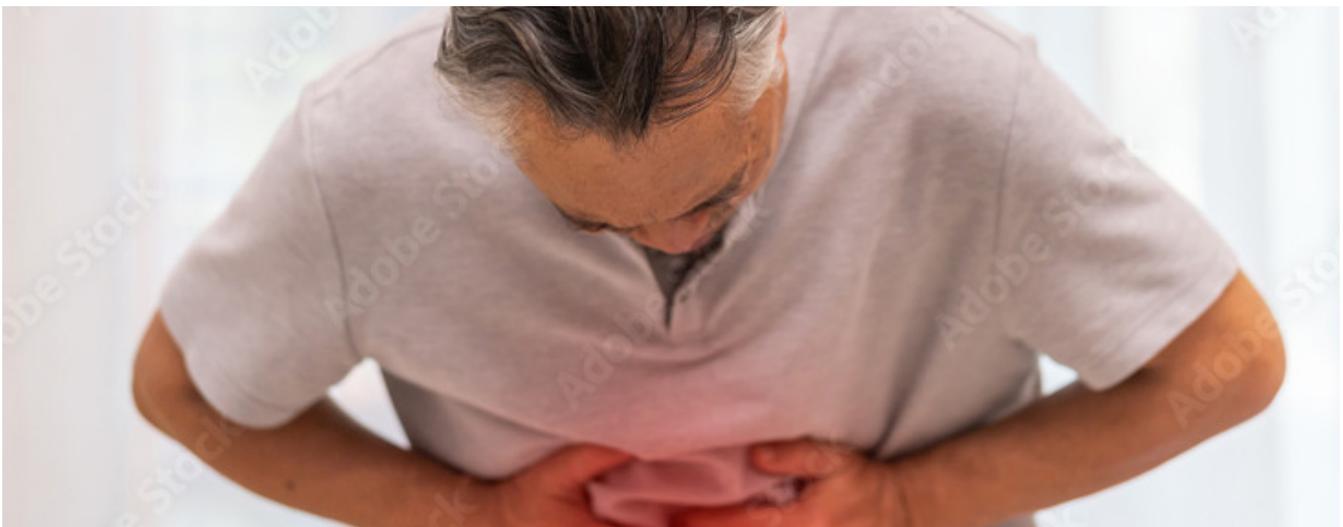
- No downtime required: You may resume your normal daily activities immediately.
- You can return to work, drive yourself, and eat normally.
- There are no restrictions on your activities unless otherwise advised by your doctor.



WHEN TO SEEK MEDICAL ATTENTION:

Contact our office or seek immediate medical attention if you experience:

- Significant rectal pain or severe cramping
- Heavy rectal bleeding or continuous bleeding
- Fever or chills developing after the procedure
- Signs of infection
- Any other symptoms that concern you



FAQ

Frequently Asked Questions

Is the procedure painful?

No. You may feel mild pressure or a brief urge to have a bowel movement, but the procedure should not cause pain. The catheter is small, flexible, and well-lubricated. Tell our staff immediately if you experience significant discomfort.

Do I need someone to drive me?

No. Since no sedation is used, you are alert and able to drive yourself safely. However, if you prefer to have a companion with you for emotional support or peace of mind, they are welcome to accompany you.

Can I eat before the procedure?

Please stop eating 2 hours before your procedure. This ensures your rectum is empty and the test can be performed effectively.

What if I have a latex allergy?

Please notify our office as soon as possible—we have latex-free equipment available.

Can I take my medications?

Yes. You may take your regular medications with a small sip of water up to 2 hours before the procedure. If you take blood thinners, diabetes medications, or medications that affect bowel movements, please discuss timing with your prescribing physician.

Will the enemas be uncomfortable?

Enemas are simple to use and most patients have no problems. Follow the package instructions carefully and use them in the privacy of your home. If you experience difficulty or have questions, contact our office.

What if I'm still not empty after the enemas?

If any stool remains, we may need to reschedule your procedure to ensure accurate testing. This is rare if you follow the prep instructions carefully.

What conditions does this test diagnose?

Anorectal manometry helps diagnose:

- Chronic constipation and the underlying cause
- Fecal incontinence (difficulty controlling bowel movements)
- Pelvic floor dysfunction
- Problems with muscle coordination during bowel movements
- Abnormal rectal sensation

How to prepare emotionally

It's natural to feel nervous about any medical procedure. Here are some tips:

- Read this handbook thoroughly to become familiar with what to expect
- Ask questions: Our staff is here to help and welcomes your questions
- Communicate openly: Let us know about any anxiety or concerns
- Bring a companion: If emotional support would help, bring a trusted friend or family member
- Focus on the benefit: This test will provide important information to help treat your symptoms and improve your quality of life

Please call our office Monday-Friday 8 AM to 5 PM at 509.788.6002 if you have any questions about your test or instructions.



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