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ARM + ERUS

Anorectal manometry is a **test performed to evaluate patients with constipation or fecal incontinence**. This test measures the pressures of the anal sphincter muscles, the sensation in the rectum, and the neural reflexes that are needed for normal bowel movements.

You will be asked to change into a hospital gown. A nurse will explain the procedure to you and answer any questions you may have. You will be asked to lie on your left side. A small, flexible tube with an inflatable balloon at the tip will be inserted into the rectum. The tube is about the size of a thermometer. The tube has sensors on it to detect pressure. With the tube in place, the nurse will instruct you to squeeze, relax, and push or bear down at various times. The anal sphincter muscle pressures are measured during each of these maneuvers. After this has been done, the tube will be removed and replaced with a balloon that will be filled with some water. You will be asked to expel the balloon as if it were a bowel movement. If you are unable to do so, the balloon will be deflated and carefully removed. Once this has been completed, you may drive yourself home and go about your normal activities. The test takes about 30 minutes to complete. The study is interpreted by gastroenterologists who have expertise in diagnosing and treating gastrointestinal motility disorders.

THE MORNING OF YOUR anorectal manometry you may eat a light breakfast 3 hours prior scheduled appointment. After that do not eat or drink anything except water until after your appointment.

AT LEAST 2 HOURS BEFORE the anorectal manometry, give yourself fleet enema following the package instructions. The purpose of the enemas is to make you have a bowel movement to clean out the immediate area, so that the probe may be easily inserted into your rectum. Take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with a small amount of water.