



肛门直肠测压

Anorectal Manometry (ARM) (Chinese)

什么是肛门直肠测压测试?

What is an Anorectal Manometry Test?

肛门直肠测压法测量肛门括约肌和直肠肌肉的张力（力量）。该测试可以诊断排便问题（您的肠道蠕动）。它可以测量：

Anorectal Manometry measures the tone (strength) in the anal sphincter and rectal muscles. This test can diagnose problems with defecation (moving your bowels). It can measure:

- 静息时肛门括约肌张力
Resting anal sphincter tone
- 释放时肛门括约肌张力
Releasing anal sphincter tone
- 挤压时肛门括约肌张力
Squeezing anal sphincter tone
- 肌肉的协调 Muscle coordination
- 内容物的排出 Expulsion of materials
- 直肠的感觉 Sensation of the rectum

肛门括约肌: Anal sphincter:

直肠末端围绕肛门的肌肉。 muscles at the end of the rectum that surround the anus.

直肠肌肉: Rectal muscles:

直肠内的肌肉-大肠下部, 就是您身体储存粪便的部位。 muscles in the rectum-lower part of your large intestine where your body stores stool.

我需要提前准备哪些用品？

What supplies do I need to prepare in advance?

- 2 (两) 个乐力灌肠剂 (可在任何药房找到)
2 (two) Fleet enemas (can be found at any pharmacy)

我可以对肛门直肠测压有何预期？

What can I expect from an Anorectal Manometry?

1. 您将被要求脱掉腰部以下的衣服并穿上后面开口的袍子。 You will be asked to undress from the waist down and to put on a gown with the opening in the back.
2. 经过培训的技师将解释将要发生的一切。技师会要求您躺在检查台上，转向左侧，弯曲膝盖。 A trained technologist will explain everything that will happen. The technologist will ask you to lie on an examination table, turn onto your left side, and bend your knees.
3. 将一根末端带有小球囊的小导管插入直肠。 A small catheter with a small balloon at the end is inserted into the rectum.
4. 气球充气，并在您挤压和放松肌肉时进行测量。 The balloon is inflated and measurements are taken while you squeeze and relax your muscles.
5. 您将被要求将气球排进马桶。 You will be asked to expel the balloon into the toilet.

该测试在医疗程序单位的胃肠道生理学实验室进行。这个测试最多可能需要 1 小时。

This test is performed in the GI Physiology Laboratory in the Medical Procedures Unit. The appointment may take up to 1 hour.

如何准备肛门直肠测压?

How do I prepare for an Anorectal Manometry?

离家前一个半小时 (90 分钟) , 您需要进行两次乐力灌肠。灌肠通常需要 15 分钟才能起作用, 但可能需要长达一个小时。 One and a half hours (90 minutes) before leaving home, you will need to perform two Fleet enemas. The enemas usually take 15 minutes to work but may take up to an hour.

1. 根据需要按照乐力灌肠盒上提供的说明进行操作。 Follow the instructions provided on the box of Fleet enemas as needed.
2. 您也可以清空乐力瓶子的溶液, 并使用温水代替溶液。 You may also empty the fleet bottle and use warm water instead of the solution.
3. 左侧躺, 膝盖向胸部弯曲。 Lie on your left side with your knees bent toward your chest.
4. 从灌肠头取下盖子。 Remove the cap from the enema tip.
5. 轻轻地将灌肠尖端插入直肠约 3 到 4 英寸。 Gently insert the enema tip about 3 to 4 inches into your rectum.
6. 打开夹子, 让水慢慢流入直肠。流量可以通过移动夹具来调节。 Open the clamp and allow the water to flow slowly into your rectum. The flow rate can be adjusted by moving the clamp.
7. 让水尽可能保留在直肠中久一点 - 至少 15 分钟 - 然后将它排进马桶。 Hold the water in your rectum as long as possible - at least 15 minutes - then expel it into the toilet.
8. 在您排出第一个灌肠的水后进行第二次灌肠。 Perform the second enema after you have expelled the water from the first one.

**如果您无法赴约，请致电医疗程序单位 (734) 936-9250 或免费电话
(877) 758-2626。**

**If you are unable to keep your appointment, please call the Medical
Procedures Unit at (734) 936-9250 or toll-free at (877) 758-2626.**

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