



What is an Anorectal Manometry Test?

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:

- Resting anal sphincter tone
- Releasing anal sphincter tone
- Squeezing anal sphincter tone
- Muscle coordination
- Expulsion of materials
- Sensation of the rectum

Anal sphincter:

muscles at the end of the rectum that surround the anus.

Rectal muscles:

muscles in the rectum, the lower part of your large intestine where your body stores stool

What supplies do I need to prepare in advance?

- 2 (two) Fleet enemas (can be found at any pharmacy)

What can I expect from an Anorectal Manometry?

1. You will be asked to undress from the waist down and to put on a gown with the opening in the back.
2. 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. A small catheter with a small balloon at the end is inserted into the rectum.
4. The balloon is inflated and measurements are taken while you squeeze and relax your muscles.
5. You will be asked to expel the balloon into the toilet.
6. This test is performed in the GI Physiology Laboratory in the Medical Procedures Unit. The appointment may take up to 1 hour.

How do I prepare for an Anorectal Manometry?

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 1 hour.

1. Follow the instructions provided on the box of Fleet enemas as needed.
2. You may also empty the fleet bottle and use warm water instead of the solution.
3. Lie on your left side with your knees bent toward your chest.
4. Remove the cap from the enema tip.
5. Gently insert the enema tip about 3 to 4 inches into your rectum.
6. Open the clamp and allow the water to flow slowly into your rectum. The flow rate can be adjusted by moving the clamp.
7. Hold the water in your rectum as long as possible - at least 15 minutes - then expel it into the toilet.
8. Perform the second enema after you have expelled the water from the first one.

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.

→ Turn the page to learn about the benefits, risks, and alternatives for an Anorectal Manometry.



What are the Benefits, Risks, and Alternatives for an Anorectal Manometry?

Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives for an Anorectal Manometry. Read this handout or view the video at: <https://tinyurl.com/4w3n22t9> to understand your informed consent.

What are the benefits of an Anorectal Manometry?

Anorectal Manometry and Balloon Expulsion Test are very safe and painless tests that examine the function of your anus and rectum. The test will help provide helpful information to your doctor in treating conditions such as constipation and fecal incontinence.

What are the risks of an Anorectal Manometry?

- Discomfort
- Bleeding - Some bleeding may occur after the test. If you have more than a few tablespoons of blood or if bleeding continues, please contact your doctor.
- Perforation - A tear in the wall of the rectum; this is very rare. It is important that your ordering provider knows if you have any recent or previous pelvic surgery, as this can increase the risk of perforation.

What are the alternatives for an Anorectal Manometry?

Currently, there are no alternatives for this test.

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