

# Anorectal Manometry (ARM): After Your Test

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## What is an anorectal manometry test?

**Anorectal manometry** measures the tone (strength) in the anal sphincter and rectal muscles. The **anal sphincter** is made of muscles at the end of the rectum that surround the anus, and the **rectal muscles** are muscles in the rectum (the lower part of your large intestine where your body stores stool). This test can diagnose problems with defecation (bowel movements). It can measure:

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

## What side effects should I expect after the test?

You may have some bleeding from your rectum after the test. This is usually only a few drops to a tablespoon.

## When should I call the doctor?

Please call us if you develop any of these symptoms:

- Severe abdominal (stomach) pain
- Fever (a temperature higher than 100.6° F)
- Bleeding more than a few tablespoons of blood from the rectum, or bleeding that won't stop

## What is the contact information?

- On Monday through Friday between 8:00 AM - 5:00 PM, please call our clinic at (734) 936-9250.
- During non-business hours (evenings, weekends, and holidays), please call (734) 936-6267 and ask to have the on-call gastroenterology (GI) fellow paged.

**If you are unable to reach a doctor and your symptoms are not going away, go to the nearest emergency room (ER) and bring this document with you.**

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