



Anorectal Manometry

What is an Anorectal Manometry?

Anorectal manometry is a test done to evaluate patients with constipation, fecal incontinence and/or rectal pain.

The preparation

There is no special preparation needed for this test. You may eat and take your regularly scheduled medications prior to the test. Please bring your medication(s) or a list of your medication(s) with you for the nurse to review.

The test

- No sedation is given for this test and the actual test time is approximately 45 minutes.
- The nurse will explain each part of the test to you. Pressure measurements are obtained and recorded.
- Depending on your age, there will be 1-3 catheters used for the test. For the longest part of the test a thin flexible tube is inserted through the anus and into the rectum 5-6" while you are lying on your left side.
- There are parts of the test where you will be asked to contract your rectal muscles.
- When the catheter tip is inflated, you may experience a feeling of fullness or distention and you will be asked to tell the nurse when this occurs.

The risk

You may experience an urge to have a bowel movement during the test, but this feeling will quickly pass. There are no serious side effects associated with anorectal manometry testing.

After the test

You may drive yourself home, eat, and go about your normal activities after completion of the test.

When will I find out my results?

An analysis will be done of your anorectal manometry test. The nurse will review the data and generate a report. A gastroenterologist specializing in motility will interpret the results. Your referring physician should receive test results within two business weeks of the test.

Where do I go to have the test?

Plan to arrive 30 minutes prior to your scheduled appointment in order to register. Enter the Memorial Hospital entrance on the ground floor and go to the registration hub on your left. After registering, take the elevators to the basement of Memorial Hospital and check in at the GI Procedures desk. This appointment time has been reserved for you. Please plan to be on time to avoid having to reschedule due to late arrival.

What if I have questions?

If you need to reschedule your appointment call 919-966-2310 to speak with a scheduler. For questions regarding the actual procedure call 919-966-5599 to speak with a nurse.