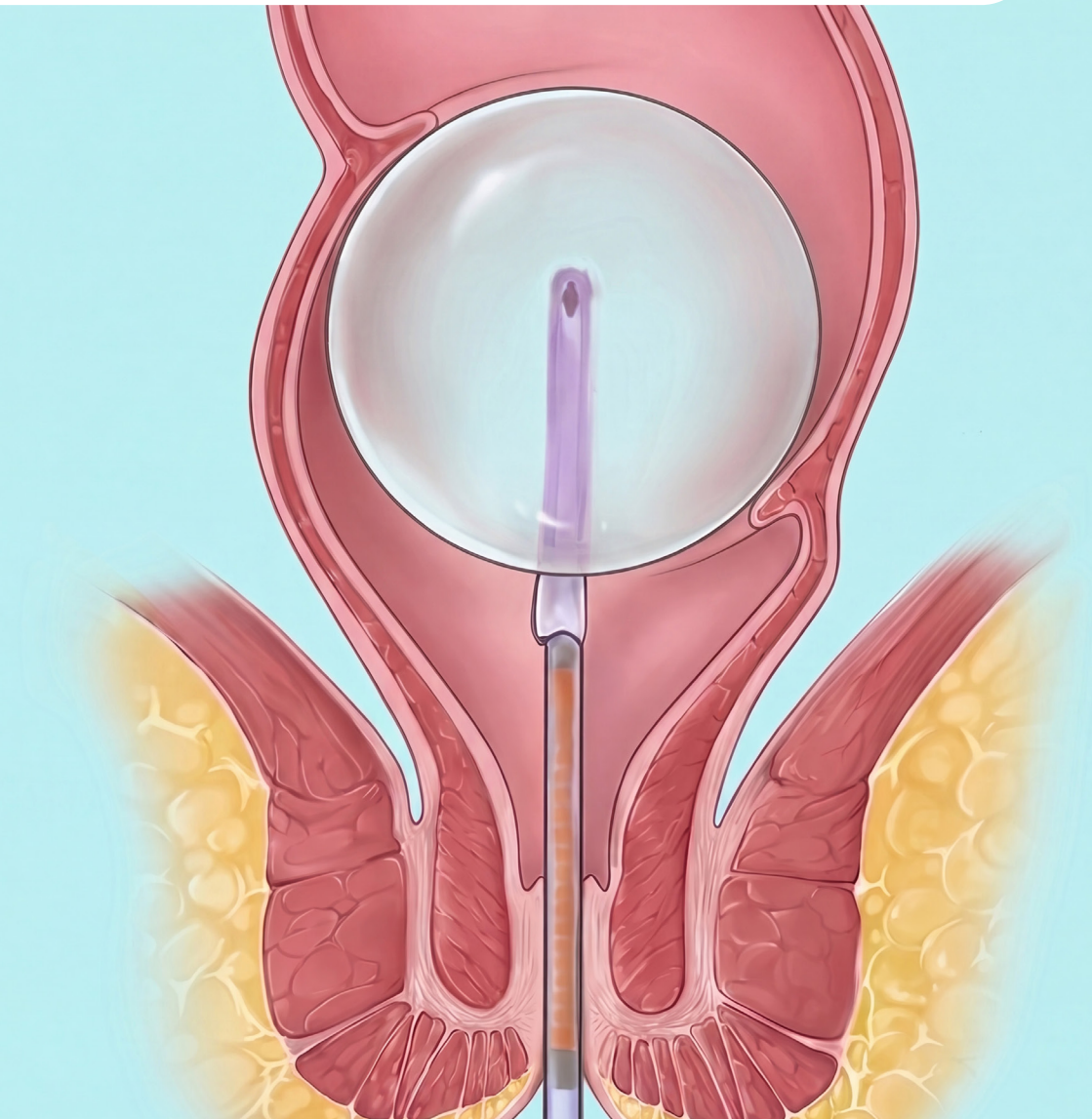
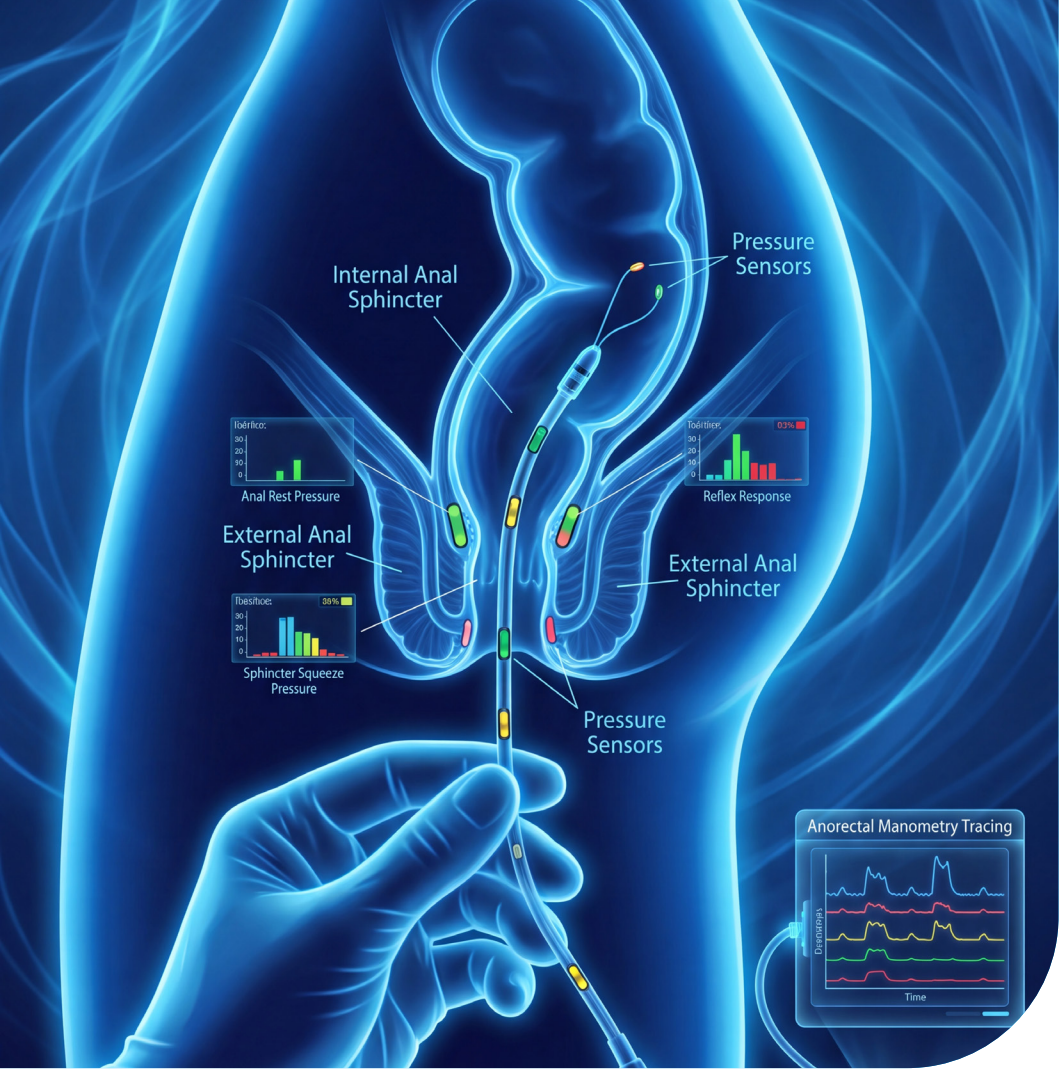
ssmc مـدينة الشـيخ شخبـوط الطـبية
Sheikh Shakhbout Medical City

# PATIENT INFORMATION ON ANORECTAL MANOMETRY






## WHAT IS ANORECTAL MANOMETRY?

Anorectal manometry is a test used to evaluate patients with constipation or faecal incontinence. It measures the pressure of the anal sphincter muscles, rectal sensation, and the nerve reflexes required for normal bowel movements.

## PREPARATION FOR THE PROCEDURE

You will need one or two Fleet enemas two hours before your study, which will be arranged for you.

- Do not eat anything during the two hours before the procedure
- If you have diabetes, you may need to adjust your diabetes medication. Please speak to your doctor for advice
- You may take your regular medications with small sips of water up to two hours before the study

## THE PROCEDURE

The test usually takes around 30 minutes.

You will be asked to change into a hospital gown. The nurse or technician will explain the procedure, review your medical history, and answer any questions you may have.

You will then lie on your left-hand side while a small, flexible catheter, approximately the size of a thermometer, with a small balloon at its tip is gently inserted into the rectum. The catheter is connected to a machine that measures pressure.

During the test, the balloon attached to the catheter may be inflated to assess the normal reflex pathways. The nurse or technician will ask you to squeeze, relax, and push at different times while the pressure of your anal sphincter muscles is measured.

When asked to squeeze, tighten your anal sphincter muscles as though you are trying to prevent a bowel movement. When asked to push, bear down as though you are trying to empty your bowels.

You will also undergo a balloon expulsion test, which measures the time taken to expel a small balloon from the rectum.

After the examination, you will be able to resume your normal daily activities, including driving.

## BALLOON EXPULSION TEST

During this test, a small balloon is inserted into the rectum and inflated with water. You will then be asked to use the toilet and attempt to expel the balloon as you would during a normal bowel movement.

The time taken to expel the balloon is recorded. A prolonged expulsion time may indicate a problem affecting the muscles of the anus or pelvic floor.

## WHAT INFORMATION CAN ANORECTAL MANOMETRY PROVIDE?

The anus and rectum contain specialised muscles that regulate the normal passage of stool.

Normally, when stool enters the rectum, the anal sphincter muscles contract to prevent stool from passing at an inappropriate time. If these muscles are weak or do not contract appropriately, faecal incontinence may occur.

During a normal bowel movement, the anal sphincter muscles relax to allow stool to pass. If the muscles contract instead of relaxing when you push, this may contribute to constipation.

Anorectal manometry measures the strength of the anal sphincter muscles and whether they relax appropriately during defecation. The information obtained helps your doctor diagnose and treat patients with faecal incontinence or severe constipation.

There are many causes of faecal incontinence. Weakness of the anal sphincter muscles or reduced sensation within the rectum may contribute to the condition. When these problems are identified, they may be treated. Biofeedback therapy, together with pelvic floor muscle exercises, can help strengthen the muscles, improve sensation, and reduce symptoms of faecal incontinence.

Constipation also has many possible causes. In some people, constipation is related to slow movement of stool through the colon. In others, it is caused by problems affecting the function of the anal sphincter muscles. Some patients with constipation do not relax their anal sphincter muscles appropriately during defecation, creating a functional outlet obstruction. These muscles can often be retrained using biofeedback therapy guided by anorectal manometry.

## RISKS OF ANORECTAL MANOMETRY

Anorectal manometry is a safe, low-risk procedure and is unlikely to cause pain.
If you have a latex allergy, please inform the nurse or technician before the test so that a latex-free balloon can be used.

If you are taking blood-thinning medication, please let us know before scheduling your procedure. Your doctor will advise whether these medications should be stopped a few days before the test.

## NEED ASSISTANCE?

Please call 023145444 or 8007762 if you need to:

- Cancel or reschedule your procedure
- Ask questions about your preparation or medications before the procedure

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