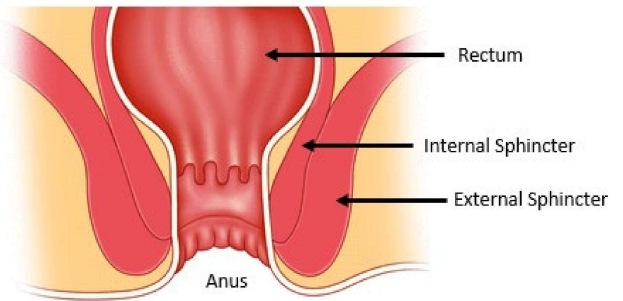


# Anorectal Manometry – A Patient's Guide

## What is anorectal manometry?

Anorectal manometry is a test performed to evaluate patients with constipation, incontinence, and other disorders. This test measures the pressures of the anal sphincter muscles, rectal sensation, and the neural reflexes that are needed for normal bowel movements.



## Preparation for the procedure

- Your doctor may recommend that you give yourself one or two Fleet® enemas 2 hours before your study. Fleet enemas can be purchased from a pharmacy or supermarket.
- For two hours before your procedure, please limit your food intake to light meals or snacks, if necessary. If you are diabetic, this may involve adjusting your diabetic medications.
- You may still take your regular medications with water prior to the study.

## The procedure

- The test itself takes approximately 15 minutes.
- You will be asked to lie down on your side.
- A thin flexible catheter, thinner than a pencil, with a small balloon at the end and four very small balloons a little further back, is lubricated and inserted only 4" to 5" into the rectum.



The *mcompass*® Anorectal Manometry Catheter

- The catheter is connected to a small handheld device that measures the pressures of your rectum and anal sphincter muscles.
- The nurse or technician will ask you to squeeze, relax, and push at various times.
- During the test, the balloon in your rectum will be inflated with air using an empty syringe, to assess normal neural reflexes.
- After the examination, you may drive yourself home and go about your normal activities.



## Risks of Anorectal Manometry

Anorectal manometry is a safe, low risk procedure and is unlikely to cause any pain. All *mcompass*® catheters are latex-free.