



Anorectal manometry test

Information for patients



What is an anorectal manometry test?

An anorectal manometry test investigates the function of the muscles in your back passage and sensation of the rectum.




To do this we insert a small flexible tube (only 3mm thick) into the back passage to which a small balloon is attached. Pressure sensors on the tube allow us to measure the strength and function of your muscles. The balloon helps us to see how sensitive your rectum is.

Manometry is a useful test, particularly if you have faecal incontinence or constipation, have suffered an obstetric injury, or prior to surgery in the pelvic floor region.

Are there any risks associated with your test?

There is a very small risk of discomfort during your test. On very rare occasions there may be some bleeding after your test, but this should resolve quickly.


What preparation is required for your test?


-  You can continue taking any normal medication.
-  You can eat and drink as normal.
-  You do not need any special preparation for your test.

Key  **Do**  **Do not**  **Additional info**

What happens during your test?

- 1 Your test will be conducted by your physiologist in a private room with a chaperone present. They will explain your test to you and ask questions about your symptoms.
- 2 You will then be asked to get changed into a gown and lie on the bed ready for your test.
- 3 Your physiologist will insert a narrow probe (about half the width of your little finger) into your back passage. It may feel a little uncomfortable, but it should not be painful. You may feel embarrassed, but we understand this and will help you feel at ease throughout.
- 4 Once in the correct position, you will be asked to perform some very simple exercises that will challenge the muscles of your back passage (e.g. squeezing and coughing) which will enable us to assess muscular strength and co-ordination.
- 5 Following this, we will slowly inflate the balloon to mimic filling of the bowel, asking you to tell us when you feel certain sensations.

 **Your test will take about 20 minutes.**

 You are free to leave straight away after your test and return to your usual diet, medication and daily activity.

How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor. We aim to send out all patient results within five working days of completion of your test.



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