

## Anorectal Manometry Instructions

Anorectal manometry is a test used to evaluate the strength and movement of the anal sphincter and pelvic floor muscles, sensation in the rectum, and the reflexes that are needed for normal bowel movements. This test may be performed to assess conditions such as chronic constipation and fecal incontinence. It may also be used to assess sphincter function before rectal or anal surgery.

The test is performed in our office. The test will be performed by an endoscopy nurse and takes approximately 30 minutes. A small, flexible tube about the size of a thermometer with a balloon at the end is inserted into the rectum. The nurse may also ask the person to squeeze, relax, and push at various times. After the examination, you may drive yourself home and go about your normal activities.

### Preparation for the exam:

- You may eat and drink as usual the day of the procedure.
- Give yourself one Fleet® enema 2 hours before your arrival. This can be purchased over the counter at a pharmacy or supermarket.

Date of Procedure: \_\_\_\_\_ Arrival Time : \_\_\_\_\_

**Location: 1015 S. Hackett Rd.  
Waterloo, IA 50701**

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30 a.m.–5:00 p.m., with phones answered 24 hours per day for emergencies.