



# Anorectal Manometry

The rectum is the last portion of the colon where stool exits the body. Like other parts of your body it may be affected by many conditions and disorders. An anorectal manometry study evaluates the anus, rectum and rectal sphincter for symptoms like diarrhea, constipation, difficulty having a bowel movement or rectal pain. It may take place before certain surgical procedures. The test will help the doctor better understand your current condition.

The procedure is performed by an advanced practice provider. A small probe is placed into the rectum and attached to a device that records and measures sphincter pressures. You will be asked to squeeze, bear down and describe different sensations you feel inside your rectum. You may feel a small amount of pressure. The provider will review your test results and discuss them with you at a later date.

## PREPARATION

- There is no prep for this procedure. If there is stool in the rectum, you may be asked to go to the restroom and have a bowel movement.

## DAY OF PROCEDURE

- This procedure does not require sedation. Therefore, no driver is needed.
- Your appointment should last about 60 minutes.

## Medications:

- Do not take muscle relaxants (Robaxin®, Flexeril, Valium) the morning of the procedure.
- You may take all of your other morning medications.