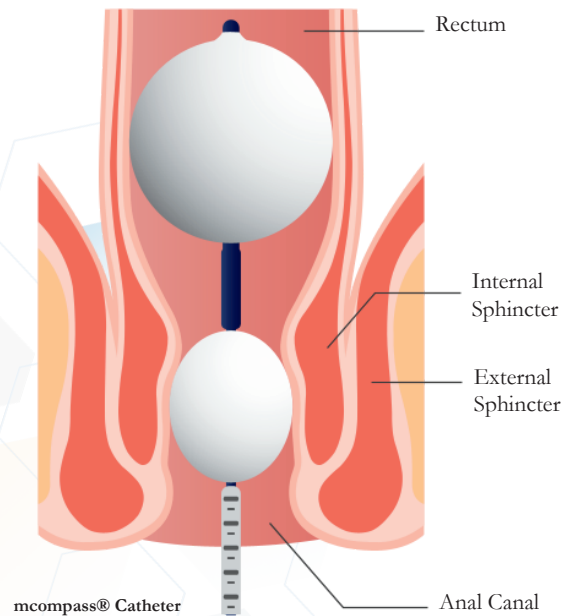


How do I benefit?

Your rectal and anal muscles work together to control bowel movements and prevent accidents. When stool enters your rectum, a nerve reflex helps it pass smoothly through the inner sphincter while keeping the outer anal sphincter tight for voluntary stool passage. Strong muscles and the right sensory reflex are essential for proper bowel control. **Anorectal manometry (ARM)** can detect issues with:

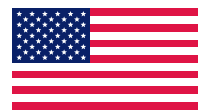
- ✓ Muscle Strength
- ✓ Muscle Coordination
- ✓ Rectal Sensation, and
- ✓ Reflex Action, so
- ✓ Your Doctor Can Determine the Best Treatment



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Anorectal Manometry

Educational information
for patients with

- Anal Leakage
- Chronic Constipation
- Incontinence

**Learn about the procedure and
how we can help you.**



What is anorectal manometry?

Anorectal manometry (pressure measurement in the anal canal and rectum) is a test of the muscles around the anal opening, as well as the reflexes and sensation or feeling inside the rectum.

Do I need it?

Anorectal manometry may be right for you if you are experiencing:

- **Chronic Constipation** – frequent difficulty passing stool
- **Anal Leakage** – also known as fecal incontinence
- **Incontinence** – often caused by weak or damaged pelvic floor muscles
- **Dyssynergia** – poor coordination of rectal and anal muscles

Anorectal manometry may also be used before or after bowel or anal canal surgery to check that the muscles in the anal and rectal region are working properly, including sensation or feeling inside the rectum.

What is being measured?

- Strength of the anal sphincter muscles
- Sensation or feeling in the rectum
- Reflexes that control bowel movements
- Strength of the rectal muscles

How is it done?

- The test should take about 15 minutes.
- You'll be asked to comfortably lie down on your left side.
- We'll use a lubricated, thin, & flexible probe with a small balloon at the end and four small balloons a little further back. It will be gently inserted about 4 to 5 inches into the rectum.



- The probe is connected to a small handheld device that measures the pressures of your rectum and anal sphincter muscles.
- Your friendly nurse or technician will guide you through simple exercises like squeezing, relaxing, and pushing your rectum area.
- During the test, we'll gently inflate the balloon in your rectum with a small amount of air using an empty syringe, to check how your body's neural reflexes are functioning.
- After the examination, you should be good to drive yourself home and carry on with your day as usual.

During the test, you'll be asked to simulate a bowel movement. Please give it an honest try, as it helps us understand your natural bodily functions.



How do I prepare?

The procedure is straightforward, pain-free, and you remain awake and able to answer questions.

Your doctor might suggest using one or two Fleet® enemas 2 hours before your study. You can purchase Fleet enemas from a pharmacy or local supermarket.

If needed, please limit your food intake to light meals or snacks within the two hours prior to your procedure. If you are diabetic, this may involve adjusting your diabetic medications.

You may take regular medications with small sips of water at least 2 hours prior to the study.

Are there any risks?

Anorectal manometry is a safe test, complications are rare, and it should not be painful. Minor bleeding from the rectum may occur. mcompass® probe catheters are latex free.

It is normal to be hesitant, shy, or embarrassed during this procedure. Your clinician will try to make you as comfortable as possible.