

# Biofeedback Therapy – A Patient’s Guide

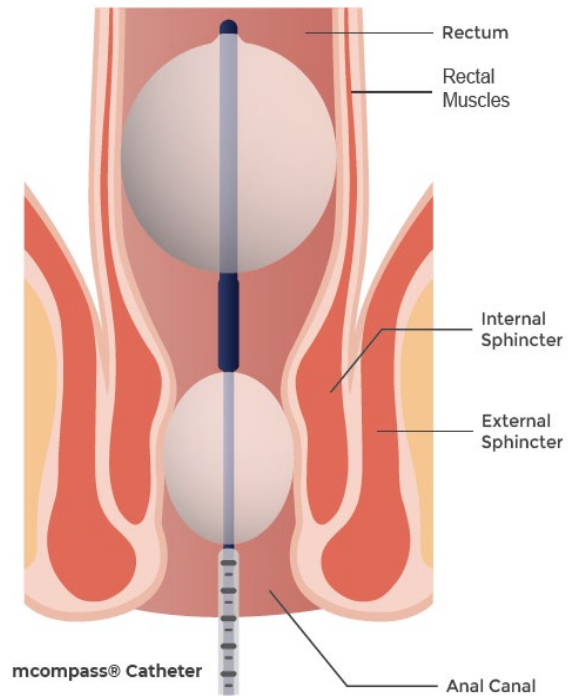
## What is biofeedback therapy?

Biofeedback uses measuring instruments to provide you with awareness of the functions of your own body. You may be able to see on a TV monitor how you can better control your anal and rectal functions. It will also show your improvement progress in each session.

You may observe and control your rectal wall muscle and anal sphincter activity to improve various pelvic floor muscle strength, squeeze duration, coordination, or other functions such as rectal sensation as determined by your physician.

## Preparation for the procedure

- Your doctor may recommend that you give yourself one or two Fleet® enemas 2 hours before your study. These 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.
- You may still take your regular medications with water prior to the study.



## The procedure

- 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 another small balloon 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 rectal and anal sphincter muscle pressures.
- Different therapies may be used for your specific condition. The nurse or technician may ask you to squeeze, relax, and push at various times.
- During the exercises, the balloon in your rectum will be inflated with air using an empty syringe, to simulate a stool and to assess normal neural reflexes.
- After the exercises, you may drive yourself home and go about your normal activities.



## Risks of Anorectal Manometry

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