

Anorectal Manometry

What is anorectal manometry?

- Anorectal manometry is a test that is performed to measure the strength and function of the anal sphincter muscles and the sensitivity of the rectum.
- No preparation is required for this procedure.

What to expect on arrival

- The procedure will be performed in a private room.
- We will discuss your clinical history, asking questions regarding your symptoms, medications and previous investigations/surgical procedures.
- We will outline how the procedure will be performed and you will be given the opportunity to ask any questions.
- Your written consent will be obtained before the test begins.

What does the test involve?

- We use a thin, flexible tube (known as a catheter) with a small balloon attached to the tip.

- The catheter is inserted a short distance into your back passage while you are lying on your left hand side.
- During the procedure, we will ask you to alternate between periods of relaxation, and the completion of short exercises (such as squeezes) using your sphincter muscles.
- Finally, we will pass some air into the balloon that is attached to the tip of the catheter and ask you to tell us when you feel certain sensations.

Does it hurt?

- The procedure is not painful and involves no sedation, so you will be able to drive to the appointment if you wish.

How long does the appointment take?

- We usually allow one hour for your appointment to be completed.

After your test

There are no special instructions.

You may:

- Resume your normal routine
- Drive home
- Eat and drink as normal

When will I know the results?

- Your Clinical GI Physiologist will analyse the recording and send the results to your consultant, who will then discuss these results with you at your next clinic appointment.

If after reading this leaflet you have any queries about the test please contact:

Rachel Smith (Clinical GI Physiologist) in the GI Physiology unit on 0151 529 0411



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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