

Anorectal manometry test

Information for patients



What is an anorectal manometry test?

An anorectal manometry test investigates the function of the muscles in your back passage and rectum.

To do this we insert a small flexible tube (only 3mm thick) into the back passage with a small balloon attached. The pressure sensors on the tube allow us to measure the strength of your muscles. The balloon helps us to see how sensitive your rectum is.

It is a useful test if you have faecal incontinence, constipation or prior to surgery in the pelvic floor region.

Are there any risks associated with your test?

There is a very small risk of discomfort during your test. On very rare occasions there may be some bleeding after your test, but this should resolve quickly.

What preparation is required for your test?

-  You can continue taking any normal medication.
-  You can eat and drink as normal.
-  You do not need any special preparation for your test.

Key  **Do**  **Do not**  **Additional info**

What happens during your test?

-  Your test will be conducted by your physiologist in a private room with a chaperone present. They will explain your test to you and ask questions about your symptoms.
-  You will then be asked to get changed into a gown and lie on the bed ready for your test.
-  Your physiologist will insert a narrow probe (about half the width of your little finger) into your back passage. It may feel uncomfortable, but it should not be painful. You may feel embarrassed, but we understand this and will help you feel at ease throughout.
-  Once in the correct position, you will be asked to cough, squeeze and push several times to assess the strength of your back passage.
-  Following this, we will slowly inflate the balloon on the end of the tube asking you to tell us when you feel it.

 **Your test will take about 10 minutes.**

-  You are free to leave straight away after your test and return to your usual diet, medication and daily activity.

How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor. We aim to send out all patient results within five working days of completion of your test.



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