

ANAL MANOMETRY INSTRUCTIONS

Procedure date: _____ Follow Up: _____

What is anorectal manometry?

Anorectal manometry is a test performed to evaluate patients with constipation or fecal incontinence. This test measures the pressures of the anal sphincter muscles, the sensation in the rectum, and the neural reflexes that are needed for normal bowel movements.

Preparation for the procedure

1. Give yourself two Fleet enemas two to three hours prior to your scheduled time. You can purchase the fleet enema from a pharmacy or supermarket over the counter.
2. You may take regular medications with small sips of water at least 3 hours prior to study.
3. You should not eat anything during the three hours prior to the procedure. If you are a diabetic, this may involve adjusting your diabetic medications.

Do Not Eat Any Solid Food The Entire Day of the Procedure!

Have a clear liquid diet throughout the day.

Examples of acceptable clear liquids are:

Soups: Clear broth

Sports drinks: Gatorade, Powerade, Propel

Juices: White cranberry, White grape, Apple, Lemonade

Beverages: Tea, Kool-aid, Water

Desserts: Italian ices, Popsicles, Jell-O

Please allow a **5 business day notice** for any cancellation or there will be a **\$100 charge**.

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