

Gastroenterology Specialties, PC

****ANAL-RECTAL MANOMETRY DIET & PREP INSTRUCTIONS ****

Admit time: Please check in 45 minutes before your procedure time.

TEST INFORMATION

Your physician has ordered an **anorectal manometry (anal-rectal motility/manometry)** study. Dr. Sorrell will be performing the exam. The results of your exam will not be given to you the day of the exam as Dr. Sorrell will need to calculate and interpret your results. The results will be given to your physician who should contact you within 7-10 days.

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.

The Procedure

The test takes approximately 15-20 minutes. The total time at the hospital is 1 to 1-1/2 hours. You will lie on your left side for the exam. A small, flexible tube, about the size of a thermometer, with a balloon at the end is inserted into the rectum. The physician will ask you to squeeze, relax, push or "bear down", and cough at various times. Throughout the exam the physician will be communicating with you as well as giving information to the nurse. You do not need a driver as you are awake for the entire exam.

General instructions:

1. You will be contacted the week prior to the procedure to review your medical history, unless you have been seen in the office within 30 days.
2. Have a list of your medications available when the nurse calls. Medication instructions will be given to you at that time.
3. Do not stop any medications prior to your procedure unless you have been instructed to do so.
4. You will need to buy one (1) bottle of Magnesium Citrate. This is available over the counter without a prescription.

THE DAY PRIOR TO YOUR PROCEDURE:

1. **CLEAR LIQUIDS ONLY** starting at 5:00PM the day prior to your procedure.
*Clear liquids include water, broth, clear juices without pulp, black coffee, tea, sports drinks, flavored waters, Kool-Aid, soda and Jell-O (no fruit or toppings). Nothing red, blue or purple colored. **NO SOLID FOODS, MILK OR DAIRY PRODUCTS.**
2. At 8:00 PM, drink one (1) bottle of Magnesium Citrate.

THE DAY OF YOUR PROCEDURE:

1. You may continue the clear liquid diet until 2 hours prior to your procedure, and then stop drinking.
2. Take only the medications you have been instructed to take prior to your procedure.
3. If you are diabetic, check your blood sugar before you come and bring the result with you.
4. Please review your post-procedure instructions before resuming any medications.