

Having an anorectal manometry study to assess problems with bowel function

Respiratory Physiology Unit

Information for Patients

Produced: May 2019
Last reviewed: November 2022
Next review: November 2025
Leaflet number: 392 Version: 3

Introduction

Your doctor has asked for you to have an anorectal manometry study. This leaflet will give you general information about this test. Please read the leaflet carefully so you understand what to expect on the day. If you have any queries or concerns please contact the department on **0116 258 3420**.

What is an anorectal manometry?

Anorectal manometry is a test that measures the overall function and pressure created by the muscles in your anal canal and rectum. This helps assess their strength and coordination (i.e. if they are too loose, too tight or not working together correctly). The test involves inserted a thin tube which has pressure sensors and a small deflated balloon on the end, into the anal canal and lower rectum. You will be asked to cough, squeeze and pushdown during the test, and data is recorded to a computer connected to the tube. Bowel size and sensations will also be measured by inflating the balloon within the rectum.

Why do I need this test?

Your doctor may recommend this test if you are having ongoing problems with bowel movements (e.g. difficulty passing stool, constipation or leakage). This test can also be used to evaluate patients with certain bowel conditions. It will provide information about your condition and will help decide what the best treatment is for you.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How do I prepare for the test?

- Please complete the bowel diary in this leaflet for **14 days** before your appointment. If you have received an appointment with short notice, please complete as many days as possible. Please bring this with you to your appointment.
- You can continue to take your usual medication.
- You will need to undress from the waist down so wear suitable clothing on the day.
- Please try to empty your bowels on the morning of the test if possible.

What will happen on the day?

You should go to the Gastrointestinal (GI) Physiology Laboratory, which is in the Respiratory Physiology Unit (south entrance) at Glenfield Hospital. You can bring someone with you for support if needed, but they will not be able to come into the room whilst you have the test. Seating is available in our waiting area.

A member of staff from the department will meet you and explain the test to you. This is to make sure that you fully understand the procedure. You will be able to ask any questions that you have. You will be asked to sign a consent form if you agree to have the test. There will be 2 members of staff in the room during the test.

You will be asked to undress from the waist down and then lie on your side on a couch. There will be a sheet to cover you. The physiologist doing the test will need to perform a rectal exam by feeling inside your bottom with a gloved finger in order to position the tube and check for any abnormalities before proceeding. You will be asked to cough, squeeze and pushdown so that they can feel the muscles working. The tube which measures pressure is then inserted into position, a few centimetres into the anal canal. Once in place there needs to be a few minutes rest while the readings settle down. You will then be asked to cough, squeeze and pushdown, a number of times each. There will be time to rest between each effort.

Once the pressure readings are finished, a small amount of air will be put into the balloon on the end of the tube. You will be asked whether you feel the air being added.

You will be given clear instructions throughout the test. None of the procedures should cause you any pain, but you might feel some pushing when the tube is put into position.

Once the test is completed, the tube is removed and you will be given privacy to get dressed again.

What happens next?

The results of the test will be looked at and a report will be sent to the consultant in charge of your care. The results will be discussed with you at your next clinic appointment.

Contact details

If you have any questions or concerns you can contact the Respiratory Physiology Department on 0116 258 3420 - Monday to Friday, 8.30am to 4pm.

Bowel diary - week 1

How to complete the bowel diary - each time you open your bowels put a tick (✓) in either row 1 or row 2 depending on whether you had to rush or not. If you open your bowels 3 times there should be 3 ticks (✓✓✓) for the day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Number of times you opened your bowels and had to rush							
Number of times you opened your bowels and didn't need to rush							
Leak of solid stool (Y/N)							
Leak of loose stool (Y/N)							
Staining of underwear (Y/N)							
Pads used (Y/N)							
Average bowel consistency S = solid M = mushy L = liquid							
Straining (Y/N)							
Need to use finger (Y/N)							
Did your bowels limit your daily activities? (Y/N)							

Bowel diary - week 2

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Number of times you opened your bowels and had to rush							
Number of times you opened your bowels and didn't need to rush							
Leak of solid stool (Y/N)							
Leak of loose stool (Y/N)							
Staining of underwear (Y/N)							
Pads used (Y/N)							
Average bowel consistency S = solid M = mushy L = liquid							
Straining (Y/N)							
Need to use finger (Y/N)							
Did your bowels limit your daily activities? (Y/N)							

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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