

## **Patient Instruction for Anorectal Manometry**

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

### **WHAT IS AN ANORECTAL MANOMETRY TEST?**

Anorectal Manometry (Motility) is a test to measure the motor and sensory function of your anal sphincter. A small tube will be inserted a few (about 4) inches into your bum and you will be asked to alternately squeeze and relax the anal sphincter. Air will be put into the small balloon on the tube to test how well you sense an urge to have a bowel movement. The procedure takes about 30 to 45 minutes.

### **THE DAY OF YOUR TEST AND PREPARATION**

1. Eat as usual and take your usual medication(s). Take a Sodium Phosphate enema 2 to 3 hours before the test. It may be purchased from any pharmacy. If you have an ostomy, you do not require an enema.
2. Please bring a list of all medications you take or have taken in the last month.
3. Come to The Toronto Western Hospital, 399 Bathurst St., Toronto, go up to the 4<sup>th</sup> floor of East Wing and report to the GI receptionist. He/she will inform the nurse (male) upon your arrival. Please feel free to bring along someone to be with you in the clinic during the procedure. Please bring your health card with you.