NEW YORK GASTROENTEROLOGY ASSOCIATES

Anorectal Manometry Instructions

This test is designed to measure the function of your anal muscles and sensation of your rectum. It is commonly performed for people with constipation, fecal incontinence, or rectal pain. A small catheter will be placed inside your rectum, and you will be asked to perform several maneuvers while the strength and co-ordination of your muscles is measured by a computer. The test lasts about fifteen minutes, and most people feel little to no discomfort at all.

To prepare for this test, you will need to use one Fleet enema two (2) hours before you leave your home, and another enema one (1) hour before you leave your home. **If you have kidney disease or congestive heart failure, please discuss this with the office when your schedule your procedure.**

Do not eat or drink for four (4) hours before this test. You do not need to skip any medications, which you may take with a little water.

Female patients who have this procedure during their menstrual period are asked to use a sanitary pad rather than a tampon, as the presence of a tampon can affect the test results.

If you need to reschedule or cancel the manometry, please call the office at 212-996-6633. Failure to do so with at least seventy-two business hours' notice will result in a "no-show" fee of $250.

Please make sure that you have any necessary referrals, or the procedure may be cancelled.