



**Athens Digestive Healthcare Associates**

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**ANORECTAL MANOMETRY INSTRUCTIONS**

**Anorectal manometry** is a diagnostic procedure that measures the muscle tone of the sphincter and other muscles in your anus and rectum. It checks for:

- The coordination of the rectal and anal muscles
- The reflex action of the rectal and anal muscles
- Sensations within the rectum
- The strength and weakness of the anal and rectal muscles

**When is Anorectal Manometry Used?**

Anorectal manometry might be recommended to you if you have one of the following health problems:

- Chronic constipation
- Dyssynergic defecation
- Fecal incontinence (soiling)

Tightness of the sphincter muscles during a bowel movement can contribute to constipation, while weakness in the sphincter muscles can lead to fecal incontinence. Anorectal manometry can tell whether these muscles are working as they should.

The test typically takes approximately 15 minutes. No driver is required because you will **NOT** be sedated.

**To prepare for anorectal manometry, DO NOT EAT OR DRINK ANYTHING 2 HOURS BEFORE YOUR PROCEDURE. USE FLEET ENEMA TWO HOURS BEFORE YOUR APPOINTMENT.**

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

Arrival time \_\_\_\_\_

Please call Athens Digestive with any questions @ 706-850-4985.

Results take 2-3 weeks to process. You will be contacted after the results have been reviewed.