

## Anorectal Manometry

**Anorectal manometry** is a procedure that measures the muscle strength, tone, and sensation in the rectum, and neural reflexes that are needed for normal bowel movements. This test is often performed to evaluate problems such as constipation or fecal incontinence.

During this procedure, a small flexible catheter, about the size of a pencil, is slowly inserted into the rectum. The catheter is attached to a computer that can record and measure pressure. The nurse will ask you to tighten and relax your anal muscles. A small balloon on the tip of the catheter is slowly inflated to assess when you might sense the presence of needing to pass stool. The procedure will last about 30 minutes.

Anorectal manometry is considered a safe procedure and is unlikely to cause pain. Though extremely rare, a complication involving a tear or perforation of the rectal wall may require surgical repair. Bleeding from the rectum due to slight irritation is possible, but is usually minor and will resolve on its own by the next day.

### PROCEDURE CHECK-IN

#### Virginia Mason Seattle—Buck Pavilion, Level 1

(After check-in, proceed to Level 3)  
1100 Ninth Ave., Seattle, WA 98101  
(206) 223-2319

#### Virginia Mason Seattle—Jones Pavilion, Level 5

(Access Jones via Level 5 of Central/Buck Pavilions)  
1010 Spring St., Seattle, WA 98101  
(206) 223-2319

### PROCEDURE DAY

You will need to give yourself one Fleet enema **one hour** before leaving home. No fasting or special diet is required for this test. Procedures for Fleet enema:

- Remove protective shield from the tip of the bottle.
- While sitting or squatting over the toilet, gently insert the tip of the enema bottle into your rectum.
- Squeeze bottle until nearly all the liquid is expelled. A small amount of liquid will remain in the bottle. Remove the tip from your rectum and discard the bottle.
- Sit on the toilet and hold enema fluid for 2-5 minutes until you have a strong urge to expel the liquid.
- Expel the liquid.

**Questions?** Please call us at (206) 223-2319.