

DESCRIPTION OF ANORECTAL MANOMETRY

What is anorectal manometry?

Anorectal manometry is a test that measures how well the rectum and anal sphincters work together to eliminate stool (feces). The anal sphincter has an internal and external sphincter, or valve, which helps to control continence (passing) of stool. These valves are made of muscles that control the opening and closing of the anus. The test measures the pressures of the anal sphincter muscles, rectal sensation and the reflexes that are needed for normal bowel movements.

What should I expect during anorectal manometry?

Plan to spend 45-60 minutes at the center the day of your procedure. The actual procedure takes about 10 to 15 minutes to complete. You will be lying down during the procedure. A nurse designated by the physician will do the procedure. A small flexible tube (catheter) with a balloon on the end will be inserted through the anal opening, past a ring of muscles called the anal sphincter before passing into the rectum. The small balloon at the tip of the catheter will be gradually inflated. This will cause the nerves and muscles in the rectum and anus to begin to squeeze. The end of the tube remains outside of the anus and will be connected to a computer. The nurse will ask you to squeeze, relax and push at various times to record the contractions and relaxations of the rectum and anal sphincter.

What happens after the exam?

You may return home or to work after the exam and resume your usual diet and activities. Results will be mailed to you 7 to 10 working days after your procedure.

Are there possible complications with anorectal manometry?

This exam is very safe for you. There are very few potentially serious complications. You may feel minor discomfort during the procedure but should not feel any pain. The catheter is latex-free.

DESCRIPTION OF BIOFEEDBACK

What is biofeedback?

Biofeedback for pelvic floor muscle retraining is a treatment to help you learn to strengthen or relax your pelvic floor muscles in order to improve bowel or bladder function and decrease some types of pelvic floor pain. It uses special sensors and a computer monitor to display information about muscle activity. This information or “feedback” is used to gain sensitivity, and control over pelvic floor muscle function.

What should I expect during biofeedback?

Plan to spend 45 to 60 minutes at the clinic the day of your procedure. A nurse designated by the physician will perform the biofeedback session. During the session you will be lying on your side. A small flexible tube (catheter) will be placed in the anal canal and will be connected to a computer that will help measure the activity of the muscles that control bowel and bladder function. As you tighten or

relax the muscles, changes are seen on the computer monitor. Visualizing this information with the aid of the nurse, will help you to identify the correct muscles and learn to make changes that are needed.

What happens after the exam?

You may return home or to work after the exam and resume your usual diet and activities. You may be asked to schedule a few weekly sessions over the course of a month. The nurse may make recommendations for exercises to complete at home.

Are there possible complications with biofeedback?

This exam is very safe for you. There are very few potentially serious complications. You may feel minor discomfort during the procedure but should not feel any pain. The catheter is latex-free.

