

What is Anorectal Manometry?

Anorectal Manometry is a test that measures how well the rectum and anal sphincter muscles work together to help your child pass stool. The anal sphincter has two muscles, an internal and an external sphincter, that act like valves to control bowel movements and prevent stool leakage.

This test measures:

- How strong the rectal and anal muscles are.
- How well your child can sense stool in the rectum.
- How the nerves and muscles respond during pushing and relaxation.
- Reflexes that are needed for normal bowel movements.

What to Expect on the Day of the Test

Time at the Clinic

- Plan to spend about 2 hours at the clinic.
- The procedure itself takes about 30 minutes.

During the Procedure

- Your child will be lying down for the procedure.
- A specially trained nurse will perform the test.
- A small, flexible tube (catheter) with a balloon at the tip is gently inserted into the anus and into the rectum.
- The balloon is slowly inflated to help measure how the muscles and nerves respond.
- The tube stays partly outside the anus and connects to a computer that records the measurements.
- The nurse may ask your child to squeeze, relax, and push at various times to record the contractions and relaxations of the rectum and anal sphincter (depending on the child's age and ability to follow instructions). These movements help assess how well the muscles work during bowel movements.

After the Exam

- Your child may return home right away.
- Normal eating, drinking, and activities can be resumed immediately.
- Test results will be mailed to you within 7–10 business days.

Are There Risks?

Anorectal manometry is a very safe test. Most children feel only minor pressure or discomfort, not pain. Risks are very rare and include discomfort, tissue injury, bleeding, infection, or the study may not provide adequate information. All catheters used are latex-free.

If you have any questions, please contact our office at [612-871-1145](tel:612-871-1145).