

## ANORECTAL MANOMETRY (ARM) PATIENT INFORMATION

Your exam is scheduled on \_\_\_\_\_ at \_\_\_\_\_.

**Introduction:** Your doctor has recommended Anorectal Manometry (ARM) for evaluation of your problem. This procedure is performed by specially trained nursing staff in a private room. Because of the sensitive nature of your problem, every effort will be made to respect and guard your privacy. The following information will help you to better understand the procedure.

ARM assesses 1) the strength of the anal muscles, 2) the rectal sensation, 3) the ability to have a bowel movement, 4) the ability to squeeze and hold a volume of fluid, and 5) the nerve supply to the anal muscle.

For the purposes of this test, we will place a catheter about the size of a pencil approximately six inches into the rectum.

### **PREPARATION FOR THE PROCEDURE**

**Bowel Prep:** The test is ideally performed with an empty rectum. Please try to have a bowel movement before the procedure. If unable to have a bowel movement, use an enema 2 hours prior to your appointment.

- You may take stool softeners, laxatives or enemas as you normally do before your test.
- You may take necessary prescription medications the day of your exam. These would generally include medications for treatment of heart, blood pressure or seizure disorders. If you have any question about medications you are currently taking, please ask your doctor or nurse.

**Diet Instructions:** You may eat or drink up to the time of the test unless instructed not to.

**Day of Procedure:**

Unless otherwise instructed, please report to the office on the day of the procedure, where the nurses will prepare you for the procedure. Friends or relatives may wait in the clinic waiting room until the exam is complete.

Please note that we cannot be responsible for valuables such as jewelry and money brought to the unit. You are advised to leave such articles at home.

Upon arrival in the office, you will be asked to change into a hospital gown and shorts. A nurse will review the procedure with you and answer any questions you may have. The test takes approximately 30 minutes.

**Risks:** There are no risks involved with this procedure. Anorectal manometry is a safe procedure and is unlikely to cause any pain.

**After the Procedure:**

The results of the procedure and recommendations for follow-up will be discussed with you.