

UniversityGastroenterology

MEDICINE AT ITS BEST

HILL MEDICAL BUILDING • 1000 EAST GENESEE STREET • SYRACUSE, NY 13210

Information for You from Your Health Care Team

Preparation for Rectal Manometry

Rectal Manometry is a test to evaluate the muscle function of the rectal sphincter. It is a test to help the physician diagnose reasons for fecal incontinence or chronic constipation. To perform the test, a thin tube approximately the size of a straw with a deflated balloon at the end is inserted into the rectum. Along this tube there are several ports for measuring pressure at the inner and outer sphincter.

Your procedure has been scheduled for _____ at _____ .
(date) (time)

Please check in at Patient Registration in the main lobby at Upstate Medical University Hospital, 750 E. Adams St. Syracuse, NY

at _____ .

Instructions to Prepare for Procedure

1. Do not eat after midnight before the test. You may have clear liquids until 2 hours prior to your arrival.
2. You will need to give yourself two (2) Fleet enemas the morning of the test to cleanse the lower portion of your colon. Fleet enemas can be purchased in any drug store.

Directions for administering fleet enemas:

- Lie on your left side with your knees bent.
 - Insert the tube into your rectum and squeeze the container gently until empty.
 - Retain the fluid until you feel a strong urge to move your bowels, then do so. Repeat for second enema.
3. There are no medications given during this procedure. If you are presently taking medications, take them in the morning as you usually do with a small glass of water. After the test, you will be alert and able to drive yourself home.
 4. The day of the test you will be asked to sign an informed consent.
 5. You will be given a patient gown and be asked to undress from the waist down.
 6. You will be asked to lie on your left side.
 7. Twice during the test, you will asked to squeeze your rectal sphincter for three minutes as though you were trying to prevent moving your bowels.
 8. Also during the test, a balloon will be inflated in your rectum with a small amount of air and pressures will be measured. This should cause **no** discomfort.
 9. The test takes approximately 20 minutes.

Any questions, please call University Gastroenterology at (315) 464-5728.

**If you need to change or cancel your appointment,
please call (315) 464-1600 or (315) 464-1616.**