

**Patient
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Anorectal Manometry

Introduction

This leaflet answers some of the commonly asked questions about the anorectal manometry test.

What is an anorectal manometry test?

This is a test to measure how well your anal sphincter (back passage muscle) is working to help control your bowel movements.

Why am I having this test?

Your consultant has referred you to the department to assess the functioning of your back passage.

How long will the test take?

The test will take about 20 to 30 minutes but you may be with us for an hour.

Where will the test take place?

The test will be carried out by a physiologist in the Gastrointestinal Laboratory (GI Lab). This is within the GI/Lung Function Department at Cheltenham General Hospital.

Consent

On arrival in the department the physiologist will ask you questions about your bowel habits and then explain the procedure to you. You will be able to ask any questions that you may have.

There are minimal risks linked with this procedure.

You will be asked to sign a consent form before the procedure is carried out.

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Department

Gastrointestinal

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You will be asked to remove the clothes from the lower part of your body and then lie on your left side on the bed.

A fine probe (tube) will be inserted into your anus (back passage). The tube will be attached to a lead and to a computer.

There will be a very slow flow of water running through the tube. You will be asked to squeeze and relax your back passage several times. This is to allow the recordings to be made of how your anal (back passage) muscles are working.

On the end of the tube there is deflated balloon. The balloon will be inflated with a small amount of air. This will simulate (copy) a bowel motion. This will allow the physiologist to see how your anal muscles work.

Will I need to have any preparation before the test?

No, but you may be more comfortable if you pass urine and have your bowels opened before attending for the test, if this is possible.

Will the test be uncomfortable?

No, you should feel very little, if any, discomfort during this test. You may feel embarrassed but the physiologist will understand this. You will be given a gown and blanket to keep you as covered as possible.

Because the test uses a very slow flow of water to take measurements, it is possible that you may have some leakage of a small amount of water from your back passage immediately after the procedure. Most people do not have any problems.

If you have current symptoms of leakage or have a long way to travel after the test, you may feel safer if you have a pad or a change of underwear with you.

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After the test

You will be free to leave the hospital after the anorectal manometry test has been completed. The test should not stop you from carrying on with your normal routine.

What happens next?

The results of the test will be sent to the consultant who made the referral. The consultant will make a decision about the need for further treatment. You will either receive a telephone call or letter regarding this.

Contact information

If you have any questions you would like to ask before your test, you can contact us on the following number:

Gastrointestinal Physiology Department

Cheltenham General Hospital

Tel: 0300 422 2977

Monday to Thursday, 8:00am to 4.00pm

If the team are busy and unable to answer the telephone, please leave your name, contact details and a brief message on the answer machine. Your call will be returned as soon as possible.

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85

<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>