

Anal Manometry

Date of procedure: _____

Time to arrive: _____

Do not eat or drink after: _____

What is anal manometry?

The anus is the opening into the rectum. Two small muscles around the anus help control bowel movements. These muscles are called internal and external sphincters (sfink-ters).

Normally, these muscles stay closed to keep bowel movements from leaking out. In order to have a bowel movement, these muscles must relax and open at the same time. Anal manometry is a test that studies how well these muscles are working.

At home before test

- At home give your child 1 Pediatric Fleets Enema **two hours** before the test.
- Bring a favorite toy, tape, or DVD. This helps your child become more comfortable during the procedure.

Day of test

Register at Cook Children's Medical Center:

Pavilion Registration Area 2

You will go to the Special Procedure Waiting Area. A nurse gets you ready and takes you to the procedure room.

- One parent can stay with their child during the test. No other children can be in the room during the procedure.
- The nurse shows you the tube we use and tells you what we are going to do.

I have a copy of these home instructions, know what I need to do, and understand why they are important.

- Your child takes off their pants and underwear. We cover them up with a warm blanket and have them turn over to their left side.

Tube with balloon

- We gently place a tube with a balloon into the rectum and slowly fill the balloon to different sizes.
- A computer connects the tube to a graph. The computer records how well the muscles around the anus are working when the balloon is filling.
- The test takes about 45 minutes.

Does the test hurt?

The amount of air in the balloon is increased and decreased several times during the test. When the air is increased, your child feels like having a bowel movement.

This urge lasts only a few seconds and goes away as soon as we change the size of the balloon.

We ask older children to tell us how they feel when the balloon changes sizes.

After test

- Your child may return to a normal diet and usual activities.
- Your child's doctor views the test and gets back with you, usually within 10 to 14 business days after the procedure.

These instructions are only general guidelines. Your doctors may give you special instructions. If you have any questions or concerns, please call your doctor.

Parent/Legal Guardian's Signature

Date

Healthcare Provider's Signature



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