Anorectal manometry is a test that studies how well the muscles around the rectum work.

1. Two small muscles go around the anus (opening into the rectum). These muscles help control bowel movements.
2. Normally, the muscles stay closed to keep bowel movements from leaking out.
3. In order to have a bowel movement, both muscles must relax and open.

Anatomy of the Anus and Rectum

Before the anorectal manometry

At Home

1. At home, give your child 1 Pediatric Fleets Enema two hours before the test.
2. Your child’s doctor may order an x-ray a few days before the study. This helps us decide if you need a different clean out, other than an enema.

Day of procedure

Important: If you need to cancel or will be late:

Call 682-885-3597

If you need to cancel before the day of the procedure, call the GI Clinic as soon as possible.

682-885-1990

Before you sign this consent you need to know:

1. What Anorectal Manometry is.
2. Why we are doing the test.
3. Possible risks.

Bowel must be clean

We cannot do this study if your child has poop in the anus or rectum. It is very important to do the enema or clean out as instructed.

Patient Registration

Cook Children’s Medical Center

- Go directly to the surgery waiting room located on the second floor.
- Check in and register.
- A staff member will take you to the Special Procedure Area.

Consent for Procedure

- We will answer all your questions.
- We will ask you to read and sign the consent.

During the study

Takes about 45 minutes

Parents can stay with their child. No other children can be in the room during the study.

Important to lie still

It is very important to lie still during the study. If your child cannot do this, the results may not be accurate.
This is what we do:

- First we show your child the tube we use and explain what we are going to do.
- Your child will take off their pants and underwear. We cover them up with a warm blanket and have them turn over to their left side.

We place a tube with a balloon into the rectum.

1. First we check the rectum to make sure it is clean and no poop is present.
2. If poop is not present, we gently place a tube with a balloon into the rectum using lubrication.
3. We slowly fill the balloon to different sizes.
4. The tube connects to a computer.
5. The computer records how well the muscles around the anus are working when the balloon is filling.

Does the test hurt?

Your child may feel some pressure when we check for poop in the rectum and when we are placing the tube. It may feel like they have to go to the bathroom. Once the tube is in place, this feeling will get better.

During the study, several times we will increase and decrease the amount of air in the balloon.

- When the air is increased, your child may feel 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.

After the anorectal manometry

1. Your child may return to a normal diet and usual activities.
2. Your child’s doctor views the test and will call you, usually within 10 to 14 business days after the procedure.

My Notes:

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682-885-1990
cookchildrens.org

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