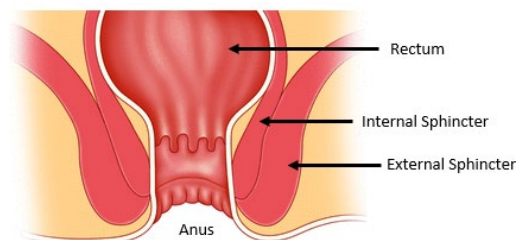




What Is Anorectal Manometry?

Anorectal manometry is a test performed to evaluate patients with **constipation**, **incontinence**, and other bowel disorders. It measures the pressures of the anal sphincter muscles, rectal sensation, and the neural reflexes needed for normal bowel movements.



Anatomy of the rectum and anal sphincter muscles

Medications to notify us about:

You may still take your regular medications with water prior to the study, but notify your physician if you take blood thinners, diabetes medications, narcotic pain medications, muscle relaxants, or medications that affect bowel movements. **Never stop prescription medications without medical advice.**



A. Preparing for Your Procedure

For 2 hours before your procedure, **limit food intake to light meals or snacks**, if necessary. If you are diabetic, this may involve adjusting your diabetic medications.

You may still take your regular medications with water prior to the study.



B. The Morning of the Test

Your doctor may recommend **one or two Fleet® enemas** about 2 hours before your study. Fleet enemas can be purchased at any pharmacy or supermarket.

Follow the exact instructions provided by your physician — timing can vary by patient.

Get Ready for Your Procedure

Need prep instructions?
Visit our website to download everything you need for your anorectal manometry.



shayagiclinic.com



Your Appointment

Date: _____

Time: _____

Location:

Willowbrook — 13644 Breton Ridge St,
Suite B, Houston, TX 77070

Please arrive 30–60 minutes early with a photo ID and insurance card.



C. During the Procedure

The test itself takes approximately **15 minutes** and does **not** require sedation. You will be asked to lie down on your side.

A thin, flexible catheter — **thinner than a pencil**, with a small balloon at the tip — is lubricated and inserted only 4–5 inches into the rectum. It connects to a small handheld device that measures the pressure of your rectal and anal sphincter muscles.

The nurse or technician will ask you to squeeze, relax, and push at various times. The balloon will be inflated with air using an empty syringe to assess your normal neural reflexes.



The mcompass® anorectal manometry catheter



Handheld recording device



D. After the Procedure & Risks

After the exam, you may **drive yourself home** and go about your normal activities right away — **no recovery period is required**.

Anorectal manometry is a safe, low-risk procedure and is unlikely to cause any pain. All catheters used are latex-free.



When to Call the Office

Contact the office if you experience: significant rectal bleeding, severe rectal pain, fever, persistent abdominal pain, or difficulty passing urine after the procedure. Call us at **(713) 497-1143**.

Medical Disclaimer: This guide is for patient education only and does not replace medical advice from your physician. Always follow the specific instructions provided by your gastroenterologist.

Questions Before Your Test?

Scan to visit our website for full instructions, FAQs, and how to reach our GI Fast Track scheduling team.



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Seek Immediate Care

Significant rectal bleeding, severe pain, fever, or another medical emergency:

Call 911 or go to the ER