

Anal Manometry Pre-Test Instructions

Date: _____ Time: _____ Location: St. Francis Hospital 2nd Floor Suite 202

Items to Purchase:

- 1 Fleets enema
- Dulcolax laxative tablets

One day prior to the procedure:

1. *****NOTHING TO EAT OR DRINK AFTER MIDNIGHT (12AM)*****
2. **Do not** take any muscle relaxers or antispasmodics for 24 hours prior to your procedure

On the day of your procedure:

1. The morning of your procedure, take 1 laxative tablet/pill.
2. 1 hour before you leave to go to the hospital for your test, begin the prep with the Fleets enemas.
 - a. Follow the directions on the package and insert the first enema, hold it as long as possible and then expel it.
3. Take your blood pressure and heart medications with a sip of water the morning of your procedure.
4. **Do not** take any diabetic medications.
5. You will have a short history taken by a pre-op nurse and your test will begin shortly after 12pm.
6. The test takes less than 1 hour.

What to expect with your procedure:

A tube will be inserted into your rectum and measurements taken of the anal sphincter activity. Specialized nurses assist you while conducting this test. After the test is complete a report will be generated for your physician to review and interpret.