

General guidelines for your AnoRectal Manometry:

Why it's performed:

Anorectal manometry is a test to find out about the anorectal sphincter. This test measures strength, sensation and reflexes and function of the rectum and anus, otherwise known as your butt.

Before the procedure

The hospital will call you a few days before your procedure to tell you what time to arrive. If you need information before receiving this call you call the hospital PAT department at **732-828-3000 extension 36616**. If you need to confirm your arrival time after you have received this call you can call the endoscopy schedulers at 732-253-3210.

- Arrival times are given to admit you to the unit and prepare you for your procedure. It is important that you arrive at your given time. ***Please Note: Unlike surgery centers this unit treats both inpatients and outpatients and emergencies may arise that may cause delays in scheduled procedures. Due to the unpredictable nature of procedure units, please be prepared to spend the day here. Please be patient and know that we will communicate any delays and provide you with the best care when you go into your procedure.***
- Do not bring any valuables or wear any jewelry the day of your procedure as we do not have space to secure belongings.
- We have limited space in the waiting area and we only can allow one visitor to wait here.
- Please send proof of your COVID vaccine to VaccineStatus@rwjbh.org

Medications

- You may take all daily medication before your procedure per your doctor's recommendations.
- Tell your doctor if you have allergies

Prep/Diet

- before the procedure buy 2 Saline enemas (available at the pharmacy over the counter)

Day of Procedure

- Take the 2 Saline enemas according to the instructions on the box 2 hours before the study.
- You may eat and take medications until the time of the procedure, if this is your only scheduled test.
- You may drive to and from this test yourself. You will be awake during the test.

Day of procedure:

Your procedure will be done at Robert Wood Johnson University Hospital in the endoscopy suite on the second floor above Walgreens. The address is:

1 Robert Wood Johnson Place
New Brunswick, NJ 08901

Arrive 1 ½ hours before your scheduled procedure time. When you arrive you will register and give your medical history. Bring with you a photo ID, insurance card, a list of medications that you take.

PARKING

- Park in the hospital parking lot located on Little Albany Street and take the elevator to the 1st floor. Bring your parking ticket with you when you enter the hospital. Upon arrival stop at the information desk on the 1st floor to check in and have your parking validated. Turn left as you exit the elevator on the 1st floor and take the North building elevators located in the main lobby to the 2nd floor. When you get out of the elevators make a right and another quick right. At the end of that hallway make a left, pass the Cardiac Cath lab and a set of elevators on your right. You will then see the Endoscopy department on your left-hand side above Walgreens and Starbucks.

During Anorectal Manometry:

The test itself will last approximately 30 minutes. You will be asked to change into a hospital gown. Someone will walk you into the procedure room and explain the procedure. There will be time to answer questions. You will be asked to lie down on your side (with the left side downwards). During the test a rectal exam will be performed and then the small catheter will be inserted into the rectum. The machine attached to the catheter will take readings and a small balloon will inflate and deflate to help check for sensation and reflexes. You will be coached to properly squeeze, relax, and push as well as cough. Then an additional test will be performed called a balloon expulsion test. Here you will have a small catheter placed in your rectum, a balloon will be inflated. You will be provided with privacy so you can use the toilet to

push out the balloon. The technician or nurse will guide you through these tests and answer any questions. After the test, you may drive yourself home and go about your normal activities.

Common side effects:

Anorectal manometry is a safe, low risk procedure and is unlikely to cause any pain. Complications are rare. Equipment failure is a remote possibility and if you are allergic to latex you should inform the nurse/technician before the test.

After procedure:

Call your doctor right away for:

- Severe or new onset abdominal pain that does not get better by passing gas
- Rectal bleeding that turns the entire toilet bowl red
- Fever greater than 101.5 or chills
- Vomiting blood, black or coffee ground looking material
- Severe dizziness, fainting or chest pain

Medications after discharge:

You can resume your daily medications following your procedure

Follow up:

Contact your physician to schedule a follow up appointment:

Clinical Academic Building (CAB)
125 Paterson Street
Suite 5100B
New Brunswick, NJ 08901
Phone: 732-235-7784

IMPORTANT PHONE NUMBERS:

Rutgers GI Clinic: 732-235-7784

Robert Wood Johnson Schedulers: 732-828-3000 x33210

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

Hospital PAT department **732-828-3000** x36616

For after hour **emergencies** call 732-235-778

FAQs:

What can be learned from this test?

- A lot of information can be gathered in the privacy of the lab that will help your clinician to guide you in relieving your symptoms.
- Results can take between 1 and 2 weeks to reach your referring physician.
- Many patients will benefit from pelvic floor physical therapy to help the muscles gain strength and coordination to work best.
- This test helps to guide that process and help make good decisions for your clinical case.

