



Anorectal Manometry Preparation Instructions

Please Purchase 2 Enemas (Fleet™ or generic brand) at your pharmacy and carefully read through the instructions below.

Your doctor has recommended that you have a diagnostic test called **Anorectal Manometry**. This test is sometimes referred to as “the balloon test”, as it involves a catheter that has a small balloon on it that measures pressures of the anal sphincter when trying to hold or trying to empty the bowels, as well as sensation of the rectum and some important neural reflexes.

Anorectal Manometry is an outpatient procedure and does not require any sedation. This procedure will provide valuable information for your doctor to assist in determining the best course of treatment for you. Additionally, you will have the opportunity to learn more about how this part of the body functions.

THE DAY OF YOUR EXAM:

Pre-procedure Instructions: Please administer an enema 1 hour prior to departing from your home for this appointment in order to clear the rectum. If you feel that the rectum has not adequately cleared, a second enema is recommended. You can purchase enemas such as Fleet™ or a generic brand. This product is available at all pharmacies and grocery stores. There are no restrictions on food or drink intake.

If you cancel or reschedule your procedure, you must give notice 2 full business days in advance. Failure to do so will result in a \$100 cancellation fee. Additional information is available on our website www.utahgastro.com

Your procedure is scheduled on:

Utah Gastroenterology
6360 S 3000 E, Ste 310
Salt Lake City, UT 84121