

Anorectal Manometry Prep Instructions



**FOLLOW THESE INSTRUCTIONS EXACTLY OR YOUR PROCEDURE WILL BE CANCELLED.
If questions, call the office: (978) 459-6737, option 4.**

Anorectal Manometry (ARM) is performed by our specially trained nursing staff. Due to the sensitive nature of the test, every effort will be made to respect and guard your privacy. The following information will help you better understand the procedure.

Anorectal Manometry assesses for 5 things: 1) the strength of the anal muscle, 2) the rectal sensation, 3) the ability to have a bowel movement, 4) the ability to squeeze and hold a volume of fluid, and 5) the nerve supply to the anal muscle. For the purpose of this test, we will place a catheter about the size of a pencil approximately six inches into the rectum.

1 WEEK BEFORE

- Purchase 2 fleet enemas.

2 DAYS BEFORE

- STOP taking muscle relaxers or bowel relaxing medications like bentyl (dicyclomine) at least 2 days prior to your test. All other medications are OK to take- if you have any questions, please call 978-459-6737, option 4.

THE DAY OF

- Administer two fleet enemas **2 hours prior** to your scheduled appointment time.
- You may eat and drink normally prior to your test.
- Please empty your bladder prior to the test. There are restrooms available in the office.
- Please **arrive 15 minutes prior to your appointment.** Be sure to bring your photo ID and insurance cards. The location is at **20 Research Place, Suite #220, N. Chelmsford, MA.**