OCRA
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PREPARING FOR YOUR ANAL MANOMETRY PROCEDURE

YOUR APPOINTMENT

PHYSICIAN NAME	DATE OF PROCEDURE	ARRIVAL TIME

LOCATION

1121 North Crooks Road
Royal Oak, Michigan 48067

WHAT IS ANORECTAL MANOMETRY?

Anorectal manometry tests the **muscles around the anal opening** and the **reflexes inside the rectum**. This test is usually done if you're having problems with **chronic constipation** or **stool (poop) leakage**.

The procedure involves placing a thin, flexible catheter (manometry catheter) into your anus and rectum. The catheter is equipped with sensors that measure:

- The **strength of the anal sphincter muscles**.
- **Sensation or feeling** in the rectum.
- The **reflexes** that control bowel movements.

YOUR RECTUM MUST BE CLEAR OF STOOL

It's essential to **clear all the stool from your rectum** before the procedure. **If any stool remains, we'll need to stop the procedure and reschedule it later.**

BEFORE YOUR PROCEDURE

PLEASE FOLLOW ALL OF THE INSTRUCTIONS IN THIS HANDOUT

You'll need to take several steps to prepare for the procedure. These include **stopping certain medications** and **purchasing 2 ready-to-use Fleet saline enemas** from any pharmacy.

WHAT TO BUY

Check each box as you pick it up.

- ☐ **2 ready-to-use Fleet saline enemas**
  From any pharmacy.
- ☐ **Disposable enema bag (only if you have chronic kidney disease)**
  If you have chronic kidney disease, use **tap water in an enema bag** instead of the pre-made saline enemas. Disposable enema bags are available from any pharmacy.

YOUR PREP TIMELINE

1

1–2 days before your appointment

☐ Done

Stop taking certain medications until after your procedure. Review the medication lists on the next page.

2

2 hours before your appointment

☐ Done

Use 2 enemas. Follow the instructions on the box, but **disregard the statement to only use 1 enema**. Using 2 enemas will ensure that the rectum is completely clear. To do this:

- Insert the **first enema**. Hold it as long as you can, then expel it.
- **Wait for 10 minutes.**
- Use the **second enema**. Hold it as long as you can, then expel it.

Continue to avoid drinking fluids for the 2 hours between starting the enemas and your appointment.

MEDICATIONS TO STOP BEFORE YOUR PROCEDURE

STOP 48 HOURS (2 DAYS) BEFORE YOUR APPOINTMENT

TYPE OF MEDICATION	EXAMPLES
Narcotic medications	hydrocodone (Vicodin), oxycodone (Oxycontin, Percocet) and oxymorphone (Opana)
Promotility agents drugs that improve gut motility	prucalopride (Motegrity), linaclotide (Linzess), lubiprostone (Amitiza), plecanatide (Trulance) and metoclopramide (Reglan)

STOP 24 HOURS (1 DAY) BEFORE YOUR APPOINTMENT

TYPE OF MEDICATION	EXAMPLES
Antidiarrheal medications	loperamide (Imodium) and atropine/diphenoxylate (Lomotil)
Calcium channel blockers drugs to lower blood pressure	amlodipine (Norvasc), diltiazem (Cardizem, Tiazac, others), felodipine, isradipine, nicardipine, nifedipine (Adalat CC, Afeditab CR, Procardia), nisoldipine (Sular) and verapamil (Calan, Verelan)
Antihistamines	such as diphenhydramine (Benadryl)
Anti-inflammatory creams and gels	those with nifedipine, diltiazem or nitroglycerin
Bile sequestrants cholesterol-lowering drugs	cholestyramine (Questran, Prevalite), colestipol (Colestid, Flavored Colestid) and colesevelam (Welchol)

WHAT TO EXPECT AT YOUR APPOINTMENT

YOU MAY DRIVE YOURSELF

You may **drive yourself to and from your appointment** because the test doesn't require anesthesia. You'll be **awake** for the test.

HOW LONG WILL IT TAKE?

The test will take about **30 minutes** to complete, but please plan to be with us for about **an hour**.

DURING THE TEST

We'll first ask a few questions about your health and explain the test. During the test, we'll:

1	Do a **digital rectal exam**.
2	Insert a **thin, flexible catheter** into your rectum. We'll ask you to do certain things, including **coughing, bearing down, and squeezing**. A tiny balloon on the end of the catheter will be inflated to test the amount of feeling you have in your rectum.
3	**Remove** the catheter and balloon.

AFTER THE PROCEDURE

BACK TO NORMAL ACTIVITIES

After the test, you may **return to your normal activities**.

YOUR RESULTS

Your clinician will analyze your results and compile a written report. They'll send that report to the doctor who ordered the test for you.

Your doctor will contact you to discuss the results, usually within 2 to 3 weeks.