



Anorectal Manometry Patient Instructions

Anorectal manometry is an in-office procedure used to evaluate chronic constipation or fecal incontinence. The test uses a small, flexible catheter to measure nerve sensitivity, sphincter function and reflexes involved in defecation. This test requires very little preparation. Please follow the instructions outlined below.

- ❖ 2 hours prior to your test, give yourself a single Fleet's enema. This can be purchased at your nearest pharmacy or supermarket
- ❖ Please have nothing to eat or drink for 2 hours prior to your test. You can take any regular medications with sips of water prior to this time.

Please arrive at our Cary office a minimum of 15 minutes before your scheduled procedure time. Our address is 115 Kildaire Park Drive, Suite 201 Cary NC 27518. If you have any questions please call us at (919) 816-4948.