

Anorectal manometry

Information for patients attending King's College Hospital only

This information leaflet answers some of the questions you may have about having an anorectal manometry. It explains the risks and the benefits of the test and what you can expect when you come to hospital. If you have any more questions, please do not hesitate to contact a member of staff.

Endoscopy Unit

Denmark Hill Nurses' Station 020 3299 4079

Denmark Hill Reception 020 3299 3075

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

What is anorectal manometry?

It is a test we use to measure the strength of the muscles in your anal canal (back passage) and lower rectum.

Why do I need this test?

Your symptoms usually help us to diagnose the probable cause of your bowel problem. We use this test to confirm our diagnosis as well as to find out the amount of injury to your anal canal and rectum. We often use anorectal manometry to find out the cause of pelvic floor problems, which may be causing incontinence, constipation and prolapse.

Your doctor will discuss with you why they are recommending you have this test.

What are the benefits?

The test will give us a much better idea of what is causing your bowel problem so we can plan the best treatment for you.

What are the risks?

There are no risks from having this test. Pelvic floor problems are very common and we do hundreds of these tests every year.

Are there any alternatives?

No, not really. Anorectal manometry is a specialist test. There are no other tests we can use to get the same information about your condition. If you do not want to go ahead or want more details before deciding, please discuss this with the specialist who sent you to have this test.

Consent

We must by law obtain your written consent to any procedures beforehand. Staff will explain all the risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to ask to speak with a senior member of staff.

Where will I have the test?

We aim to carry out your test as soon as possible after we receive the request from your doctor. You will have it in a private consultation and examination room in the Endoscopy Unit or in a separate room on the ground floor of the Cheyne Wing. Please report to the Endoscopy Unit Reception first.

Do I need to prepare for the test?

You can eat, drink and take any medication as usual before your test.

To make sure the test is accurate, your rectum must be empty, so you need to use an enema beforehand. An enema is safe and easy to use. Please read our attached advice sheet, *How to use an enema*, which explains how and when to use the enema at home.

If you do not think you will be able to use the enema at home, please call the Endoscopy Unit and we will arrange for you to come in earlier on the day of your test and have it here.

Things to remember

- Please bring your reading glasses as you will need to read and sign your consent form. You may also want to bring something to read while you wait.
- You will need to change into a hospital gown for your test so you may want to bring a dressing gown and slippers to wear for walking to the toilet.
- Please do not bring children with you unless there is someone to look after them. We do not have any childcare facilities in the unit.
- **We cannot take responsibility for any valuables, but your things will be kept with you (on a shelf on the examination trolley) at all times.**

What happens before the test?

The specialist nurse will ask you some questions about your bowel function. They will explain what is going to happen during the test and you will be able to ask any questions you may have. Many people feel embarrassed or anxious about having this test, but the nurse will help to put you at ease.

They will ask you to change into a hospital gown, take off your underwear and lie on your side on the examination couch.

What happens during the test?

For the test, we put a slim probe (thinner than a pencil) into your bottom. We will ask you to squeeze and relax the muscles in your bottom several times so we can measure and record their strength as we slowly take the probe out.

We will then put another probe into your bottom and slowly blow up small balloons inside you to measure and record what you feel in your rectum.

Will the test hurt?

You may feel a little uncomfortable when we put in the probe. But you should not feel any pain.

How long does the test take?

It takes about 30 minutes.

What happens after the test?

You can eat and drink normally and go back to work on the same day if you wish.

When will I get my results?

The nurse will explain the results of your test to you before you leave. They will also write a report for your doctor. The results will be looked at together with your symptoms, examination findings and any other tests.

You will be sent a clinic appointment to see the doctor who referred you for the test. They will then be able to discuss your treatment options with you.

Who can I contact with queries and concerns?

If you have any questions before or after your test, contact the Endoscopy Unit Nurses' Station.
Tel: **020 3299 4079**, 9am – 5pm, Monday to Friday

If you want to change your appointment or need another information leaflet, contact Endoscopy Unit Reception.

Tel: **020 3299 3075**

At all other times, if you have any concerns after your test, call your GP or local Emergency Department (ED/A&E).

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between hospitals.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road – staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: kch-tr.palsdh@nhs.net

You can also contact us by using our online form at www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.