

# Anorectal Manometry and Ultrasound Investigations

## Department of Clinical Measurements

### What is a High resolution anorectal manometry and endo-anal ultrasound investigation?

If you have trouble opening or controlling your bowels, it is an investigation to help us find out why. The pressure is measured inside the rectum and anus (back passage), to assess how well the muscles are working and if there are any weaknesses in those muscles.

### Why do I need this investigation?

The information gained will enable your consultant to plan appropriate treatment and/or surgery.

### What are the potential risks of this investigation?

You may feel a little discomfort during the test, but this should only be for a short time and should not last.

Although extremely rare, there is a small possible risk of perforation to the bowel. Please let your Physiologist know if you have undergone any previous bowel surgery such as bowel resection.

### Important information for you prior to your investigation

Please read your appointment letter and contact the Department of Clinical Measurements as required if you have any allergies, special needs, are pregnant, or think you may be pregnant.

There is no special preparation prior to the investigation. You may feel more comfortable if you can open your bowels prior to the test, however this is not essential and will not affect the results.

If you are unable to attend for any reason, please inform us by telephone so that we may offer the appointment to someone else.

Please allow up to 60 minutes for the investigation to be completed, however clinics can occasionally be delayed about which we would keep you fully informed.

### What happens during the investigation?

A Clinical physiologist and health care assistant will conduct your investigation. The number of staff involved will be kept to a minimum, although occasionally with your permission, a trainee may be present.

The Physiologist will greet you and explain the investigation in more detail, allowing you time to ask questions should you wish. Once you are happy with the explanations and have had your questions answered, you will be asked for your permission to proceed with the investigation.

It is not necessary for you to change, but you will be asked to lower your undergarments and lie on a bed. Your lower half will be covered with a sheet to preserve your dignity.

**The anorectal manometry investigation** requires a catheter (small tube), with a small deflated balloon attached, to be inserted gently in to your anus. A rectal examination will be carried out to assess the rectum prior to the catheter being inserted.

A small amount of lubricating gel is used to gently introduce the catheter into your anus, this should not cause any discomfort but may feel strange. The tube has a small amount of water constantly running through it and you may be aware of this, but it is nothing to worry about. The tube is attached to a computer via a long lead, which is operated by the clinical physiologist.

### **The anorectal ultrasound investigation**

involves the use of a probe, which is gently inserted into your anus using gel and a protective sheath. You may feel some discomfort with the anorectal ultrasound, but generally people tolerate this well. The sphincters can then be imaged to check that they are complete and intact.

You may feel embarrassed during the investigation, but be reassured, the staff performing your investigation will endeavour to reassure you and maintain your dignity at all times.

### **What happens after the investigation?**

The findings of the test are sent to your consultant who will then write to you or arrange for you to be seen in the out-patient clinic to explain the findings of the investigation and advise you of any further treatment.

### **Any further questions?**

If you have further questions about the investigation, or wish to speak to either our healthcare scientists, clinical physiologist or nurses regarding your appointment, please telephone the **Department of Clinical Measurements on (01392) 404650 or (01392) 402144.**

**These investigations are time consuming and costly, and therefore, if you are unable to attend your appointment for any reason, please inform us on the number above so we may offer your appointment to someone else.**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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