

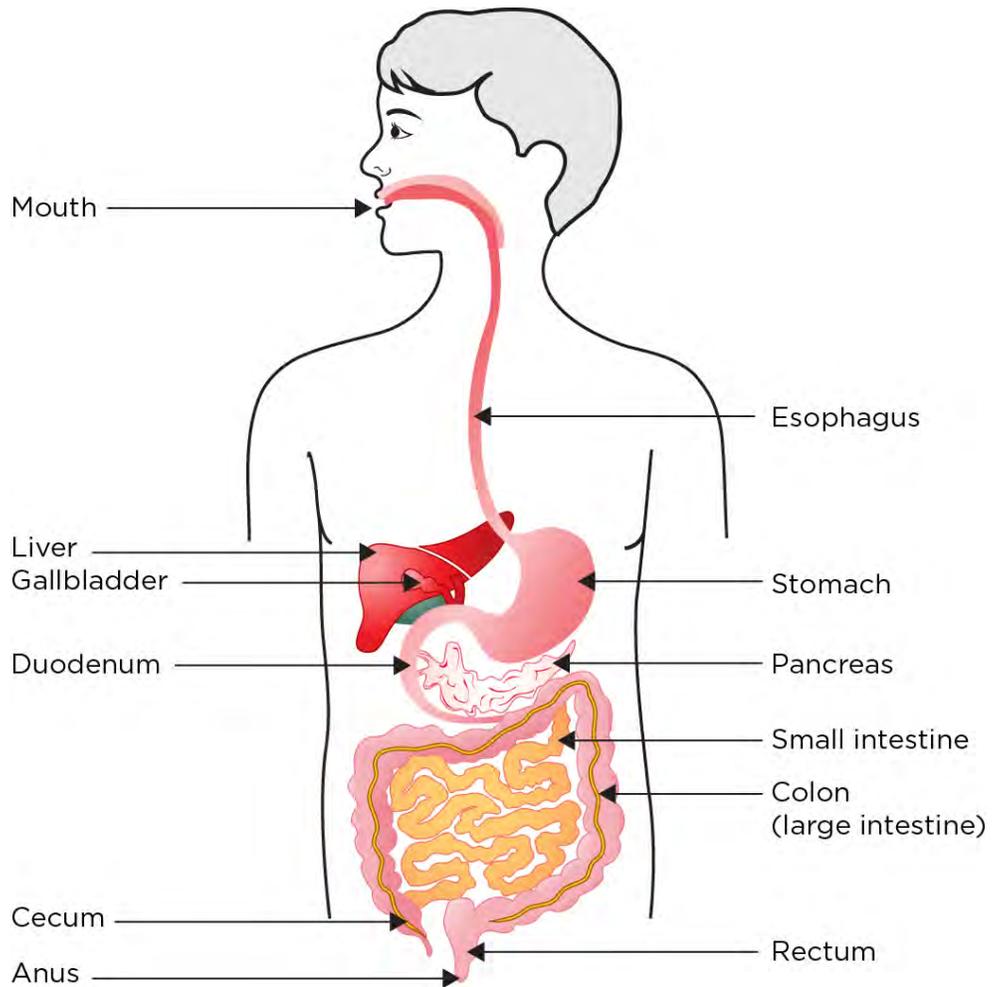


# Anorectal Manometry

Manometry measures the pressure of contractions of the digestive tract.

## What is anorectal manometry?

Manometry (mah-NOM-eh-tree) is a test to measure contraction of muscles that control bowel movements. Anorectal manometry is a test to measure muscle movement in the anus. There are two muscles in the anus (opening from the rectum), which help control bowel movements. These muscles are called external and internal anal sphincters. They are normally closed to prevent leakage of stool. When a person has a bowel movement these muscles must relax in a coordinated manner to allow for stool to come out. This test measures how well these muscles in the anus and the pelvic floor are working.



Normal digestive tract

### **Why is this test done?**

The test is recommended only if the results will help guide treatment of constipation or fecal incontinence (leakage of stool). Since there are a lot of causes and treatments of these problems, your doctor will choose the test right for your child.

### **What happens before the test?**

You and your child's primary healthcare provider will need to discuss this procedure and decide if your child will be able to cooperate with the exam. It is not painful, but your child will need to be awake and will need to be still during the exam to obtain accurate results.

Your child must have an empty rectum before the procedure, so you will be given cleanout instructions that need to be completed the night prior to the test. It is critical that the cleanout instructions are completed and your child has an empty bowel in order for the test to proceed. You will get written instructions and/or a phone call to guide you through this cleanout.

### **How long does the procedure take?**

The procedure takes 30 to 45 minutes, but you will need to arrive early for check-in and getting ready for the procedure. You can expect to be at the Outpatient Procedure Center for 2 to 3 hours.

### **How do I prepare my child for the test?**

- Explain the test ahead of time in a way that is appropriate to the age and temperament of your child. Use simple, honest language. If you feel relaxed, reassuring and confident about the procedure, your child will feel secure, too.
- Tell them that a small tube will be placed in their bottom for the test. The width of the tube ranges from the size of a piece of spaghetti for children under age 8, to about 1 centimeter (the width of their pinky finger) for an older child. There are no needles or blood during the test. The tube and balloon are smaller than their bowel movements (poop) and do not hurt or cause any damage. But it feels strange and may make them feel like they need to go poop. The doctors and nurses do this test often with other children so they are very experienced.
- Your child's motility physician will determine if sedation with oral Versed (a medicine to make your child drowsy) is needed or appropriate for this procedure. General anesthesia (to make your child go to sleep) is not used for this procedure.
- Assure your child that one parent can stay with them for the entire test. No siblings or other children can come to the Surgery Center.
- Bring a favorite toy, blanket, and/or iPhones or iPad with video games.
- Let your child know that the test is important for their health. You and the doctor are doing the test to keep your child well and help them solve their toileting problem.

### **Where do we go for the test?**

This procedure is done in the Surgery Center at Children's main hospital. To get to this area, park in the Ocean garage and check in at the main registration desk on level 6. This is a day procedure. You should plan to be at the hospital for about 2 to 3 hours.

After checking in, a nurse will take your child into an exam room where they will change into a hospital gown. The nurse will take your child's temperature, heart rate, and blood pressure and orient you and your child to the GI procedure area. The rooms here are comfortable and child-friendly.

### **What happens during the test?**

#### **The manometry procedure**

You can stay with your child during the test to offer comfort and support. Your child will get into a hospital gown and be helped up on a bed. They will lie on their left side while the doctor does a rectal exam to check for stool. Then, a small soft tube (catheter) with a deflated balloon is lubricated with gel and placed into the rectum. The doctor will gently place this tube a few inches up into the rectum. Once the catheter is placed, your child can relax. The free end of the catheter is attached to the computer that measures the pressures and coordination of muscles.

Your child will be asked to lie quietly for a while to measure resting pressures. Then, the balloon is gradually inflated. Your child will be asked to tell the doctor when they feel the balloon. They may be asked to squeeze (like they are holding the poop), cough, or bear down on the balloon like they are going poop. No part of the test is painful.

The procedure takes about 30 to 45 minutes. When the study is complete, the tube is removed. This tube slips out easily. Then you will be able to go home.

### **Will my child have pain?**

The insertion of the tube and blowing up the balloon is not painful, but children may be anxious. We partner with you and your child to prevent and relieve pain as completely as possible. You know your child best. Relaxing, being calm and cooperative is important for this test to get good information. If you feel your child is very anxious and needs extra support, please let us know ahead of time – before you arrive. We can request a Child Life specialist be present at the procedure. Even with extra support, some children cannot tolerate holding still. If your child cannot cooperate and is unable to relax then the test will not be completed or may be stopped.

It is important to talk to the doctor honestly to discuss your child's ability to cooperate. With your help preparing your child and giving them love and support, the test can be done with little difficulty.

### Contact us:

- Call the GI clinic if you have more questions about the procedure:  
206-987-2521
- If your child is sick on the day of the procedure, call  
206-987-2045.
- To schedule date of this procedure call the GI procedure scheduler at  
206-987-2521, option 2.

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line  
1-866-583-1527. Tell the interpreter the name or extension you need.

### What happens after the test?

Your child can return to a normal diet, play and activities right away.

### When can I expect the results?

The information recorded in the manometry computer needs to be reviewed in detail before results are given. This takes about 2 weeks. All of this will be discussed at your next clinic appointment. The manometry results will also be shared with your primary care doctor and/or primary pediatric gastroenterologist. If you have not heard back from us in 2 weeks, give the GI clinic a call or call your referring care provider.

### What are the risks and possible complications?

There are very few risks of this procedure since the catheter and balloon are not inserted very far. The rectum may be a little sore but it will not last long. A very small amount of bleeding is possible but should quickly self-resolve.