

Anorectal Manometry (ARM): Bowel Cleanout and Eating Instructions for Your Child

Pre-procedure lab work

- Your child does not need blood work for this test.
- Your child DOES need blood work for this test.
Call your primary care doctor to arrange the following labs to be done before having this test: CBC, PLT, PT, INR, PTT.
- Have them Fax results of the labs to Seattle Children's Hospital Gastroenterology Division at 206-987-2721.
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Purchase the items that are checked at any drug store:

- Glycerin suppository
- Pediatric Fleet saline enema
- Adult Fleet saline enema
- Senna Syrup or Chewable ExLax squares
- Bisacodyl tablets (Dulcolax)
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Evening before the test

- Give your infant suppository the evening before the test.
 - Give your child tablets/teaspoons of _____ at bedtime **OR** ExLax squares at bedtime. Use a proper medicine spoon to measure liquid medicine, not kitchen silverware.
 - Give your child one -sized Fleet saline enema before bedtime.
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Morning of the test

DO NOT give your child an enema on the morning of the test.

To Learn More

- GI Nursing Line
206-987-2521, option 4
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your 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.

Preparation Instructions

Taking medicine before the procedure

- For the 7 days before and after your child's ARM, do not give your child aspirin, Aleve or ibuprofen (such as Advil or Motrin). These can cause bleeding. If your child needs pain or fever medicine, ask your child's healthcare provider if it's OK to give acetaminophen (Tylenol).
- If your child has diabetes and takes insulin, please ask their doctor about changes to insulin doses needed before and after the day of the procedure.

The day before the procedure

Eating instructions: The day before the procedure your child should follow the eating instructions highlighted or checked below:

- Your child can eat normally up until 8 hours before the start time of their procedure. Then give your child only **clear liquids** (see box below).
- Your child should get only **full liquids** (see box below) on the day before the procedure, from the time they wake up until midnight.
- After midnight, give your child **clear liquids** only.

Clear liquids are fluids with color, but are transparent. You can see clearly through them – they are not foggy liquids. Clear liquids include water, popsicles, transparent juices, and Gatorade. (For babies: Pedialyte and breast milk are OK, but not formula.)

Full liquids include formula, ice cream, pudding, milkshakes, plain yogurt, clear liquids, Jell-O, and liquid soups or broths that don't have pieces of food like vegetables or rice in them.

The day of the procedure

Your child must have an empty stomach for this procedure.

- **Stop all clear liquids or breast milk 4 hours before the start time of their procedure.** Do not give your child anything to eat or drink at this time – not even gum.
- **You may take medications up to 4 hours before the procedure.** Tell your anesthesiologist which medications your child has taken and which were not given.
- If your child has any special dietary needs, please talk to your nurse or doctor when you schedule the procedure.

Please let us know if your child is ill on the day of the procedure. Call the number in the To Learn More box on page 1.