

# Medtronic

ManoScan™ anorectal manometry system

## Preparing for anorectal manometry



# What is anorectal manometry?

**Anorectal manometry is a test used to evaluate the function and coordination of the sphincter and pelvic floor muscles of the anorectal anatomy.** This test also assesses the measurement of resting and squeeze pressures, as well as the length of the anal canal.

Anorectal manometry may be performed to test for conditions such as:

- **Chronic constipation**
- **Fecal incontinence** (inability to control bowel movements)
- **Rectal prolapse** (condition where the rectum protrudes from the anus)
- **Hirschprung's disease** (congenital condition where the nerves in the wall of the colon are missing)

**This test may also be used in pre-operative evaluations to assess sphincter function prior to rectal or anal surgery.**

In addition, anorectal manometry may be used in conjunction with biofeedback training to guide special exercises designed to improve anal muscle strength and coordination.

## How it works

A doctor, nurse, or technician will perform this test after explaining the procedure to you.

- You will lie on your left side with your hips and knees flexed
- Since you will need to squeeze and relax during the procedure, you will not be sedated.
- A small, well-lubricated catheter or probe, no thicker than a human finger, will then be inserted into your rectum.
- This catheter is connected to a monitor that measures the pressure of several muscles.

During the procedure, a small balloon at the tip of the catheter will be inflated to assess the normal reflex pathways. You will be asked to squeeze, relax, and push at various times, allowing the technician to measure the anal sphincter muscle pressure.

Two other tests may be performed. One is an evaluation of the nerve supply to the pelvic floor and/or anal muscle. The other is a balloon expulsion test that measures the time it takes to expel the balloon from the rectum.



## Preparation for the procedure

A brief medical history will be obtained and any questions or concerns will be addressed prior to the study. While the preparation instructions for this diagnostic procedure may vary by patient, the following may occur:

- Before the procedure, **your physician may provide you with bowel preparation instructions**, which may include a special diet and enemas
- **Tell your physician in advance about any medications you take**, as you might need to adjust or withhold certain medications prior to this procedure
- You will be asked to **empty your bladder prior to the procedure**

## After the test

You may resume your normal daily activities, diet, and medications following your test. You may drive yourself home after the procedure since no sedation is involved. If you experience any unusual symptoms or side effects, please contact your physician. You will discuss the results of the test at a follow-up consultation.



### Important reminder

This brochure provides general information only and should not be used as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult your doctor about your specific condition.



Instructions from doctor or nurse:

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Notes:

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For additional information call:

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**Caution:** Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner. Rx only.

**Risk Information:** ManoScan™ system for anorectal manometry is contraindicated for patients with known anal stricture obstruction preventing insertion of the instrument. Potential adverse events associated with the use of the system and catheter insertion into the anorectum may include; discomfort, pain, minor bleeding, irregular heartbeat with dizziness, and perforation. In rare instances, the catheter may curl during insertion and catheter position may move during the procedure. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur. These systems are not compatible for use in an MRI magnetic field.

Please consult your physician for a complete list of indications, warnings, precautions, adverse events, clinical results, and other important medical information.

This brochure is supplemental to the advice, care, and instruction of your physician. This material is for informational purposes only and is designed to be delivered by the treating or consulting physician in conjunction with usual and appropriate instructions and explanations regarding the procedures referenced herein.

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