

East River Gastroenterology & Nutrition  
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### **ANORECTAL MANOMETRY PREPARATION INSTRUCTIONS**

You have an appointment for anorectal manometry with Dr. Goldstein on \_\_\_\_\_  
at \_\_\_\_\_.

This test is designed to measure the function of your rectal and anal muscles. It is commonly performed for people with constipation, fecal incontinence, or rectal pain. A small catheter will be placed inside your rectum, and you will be asked to perform several maneuvers while the strength and co-ordination of your muscles is measured by a computer. The test lasts about 10 - 15 minutes, and most people feel little or no discomfort at all.

To prepare for this test, you will need to take a Fleet enema two hours before your appointment, and another enema one hour before it.

Do not eat for four hours before this test. You do not need to skip any medications.

If you need to reschedule or cancel the manometry, please call the office at (212) 535-4500. Please make sure that you have any necessary referrals or the procedure may be cancelled.