

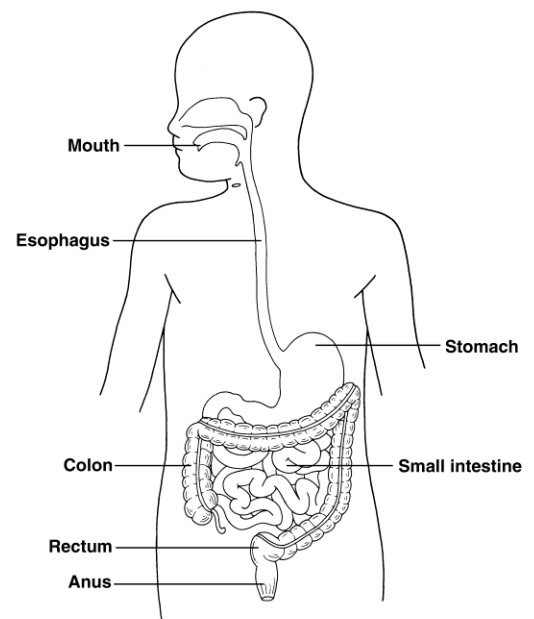
What is anorectal manometry?

Anorectal manometry is a test to measure how well your child's muscles and nerves work in the rectum.

- The rectum is the opening in the body where stool (bowel movement) comes out.
- This test can help the doctor find out why your child is having a bowel problem.

What do I do before the test?

- Your child can eat and drink as usual before the test.
- **Your child's rectum needs to be empty for the test.**
 - The doctor may tell you to empty your child's rectum before you arrive.
 - This most often includes giving your child an enema.
 - Be sure to follow the doctor's advice carefully.



What happens during the test?

Your child will have the test in Special Procedures at our Scottish Rite hospital.

- It will take **about 30 minutes** to do the test.
- During the test, you may stay with your child or wait in the waiting room.
- Your child will change into a hospital gown. They will need to lie on their left side with their hips and knees bent.
- **Your child must be still during the test.**
- The nurse will put a small, flexible, plastic tube about 1½ inches into your child's rectum. It has a balloon on the end of it.
 - The nurse will slowly inflate and deflate the balloon to different sizes during the test.
 - This makes the muscles in the rectum tighten and relax.
 - Your child may feel like they need to go to the bathroom when the balloon is inflated.
- If your child is old enough and awake, the nurse may ask them to:
 - Say when they feel the balloon inflate.
 - Squeeze down on the tube.
 - Bear down and try to push the tube out of the rectum.
- The other end of the tube is connected to a computer. It records how well the nerves and muscles in the rectum work.
- The nurse will remove the tube when the test is done.

How can I help my child during the test?

You can help during the test by being calm and relaxed, as well as keeping your child calm and still.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Anorectal manometry, continued

Are there any risks?

The test is sometimes uncomfortable. There is a very small risk that bleeding of the rectum could occur.

What happens after the test?

The nurse will review all instructions with you and your child when the test is done.

When do I get the results?

- It takes about 7 business days to get the results. The doctor who ordered the test will talk with you about the results.
- Call your child's doctor if you have not received the results after 2 weeks.

How can I help prepare my child?

Babies

- You can help your baby feel less scared by bringing a special blanket, toy or pacifier to help keep them calm during the test.
- Comfort them with your presence and voice.
- Bring a bottle of juice or formula for them to suck on during the test.

School-age children

- School-age children have good imaginations. They may scare themselves by imagining something much worse than what will really happen.
- Use simple words. Be honest with your child, and try to tell them exactly what will happen.
- Let your child know you will stay with them as much as possible during the test.
- Bring a favorite book, toy or game.

Teens

- Try to tell your teen exactly what will happen. Be honest when you answer their questions.
- Let your teen know that you will stay with them as much as possible during the test but that you will also respect their privacy.

Please note: Tell us before the test if there is a chance your child may be pregnant. If so, a member of the care team will contact her doctor to see if the test still needs to be done.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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