

What is Anorectal (AR) Manometry Testing?

The term “manometry” refers to the measurement of pressure. Anorectal (AR) manometry testing allows your doctor to measure the reflexes, strength, and organization of the squeeze (or contraction) of the anus and rectum. Your doctor uses a special catheter with an inflatable balloon on the end to do the test. This catheter is a short and flexible tube with sensors that measure the relaxation, contraction, and sensation of the rectum and muscles of the anus known as the “anal sphincters”.

How is the test performed?

AR manometry testing is done in the clinic or as an outpatient procedure in the Primary Children's Procedure Center, depending on the age of the child and the ability to participate in the study. In rare instances, the test might be performed under general anesthesia. You will not have to be admitted to the hospital or stay overnight. You may be asked to discontinue some medications a few days prior to the test and might be asked to do an enema a few hours prior. The motility nurse will provide you with these instructions when your child is scheduled for testing.

AR manometry testing is generally very well tolerated. The test usually lasts around 15 minutes. A child life specialist may be available to help distract a nervous child during the procedure, if needed. The procedure is performed with the patient lying comfortably on their side on a hospital bed. A thin, lubricated catheter with a deflated balloon on the end is inserted a short distance into the rectum. The catheter measures the pressure of the muscles of the anus at rest, followed by testing for a relaxation reflex known as a “RAIR”. This is triggered by inflating the small balloon on the end of the catheter a little bit at a time, replicating a piece of stool in their rectum. Your child may also be asked to describe sensations, squeeze or push against the catheter.

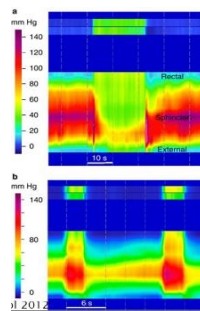
What happens after the test?

When the test is complete, the catheter is removed and you can go home. Your doctor will let you know the results of the test within 1-2 weeks, and make any changes to the care plan as needed.

What instruments might I see on the day of the test?



Computer



Pressure Tracings



**Anorectal
Manometry Catheter**