

Anorectal Manometry (ARM)

What is anorectal manometry?

Anorectal manometry is a test performed to evaluate problems with defecation (moving your bowels). This test will help your doctors better understand why you are having bowel movement issues, which allows them to provide the proper therapy to treat your problems. Specifically, this test measures:

- The pressures of the anal sphincter muscles
- The pressures of the rectal muscles
- Muscle coordination
- The sensation in the rectum
- The nerve reflexes that are needed for normal bowel movements.

Who needs anorectal manometry?

People who suffer from constipation or incontinence (leakage of stool) may be asked to have this test.

How is this test performed?

You will be asked to undress from the waist down and to put on a gown with the opening in the back. A trained technologist will explain everything that will happen. The technologist will ask you to lie on an examination table, turn onto your left side, and bend your knees. A small catheter with a small balloon at the end will be inserted into your rectum. The balloon will be inflated and measurements will be taken while you squeeze and relax your muscles. You will be asked to expel the balloon into the toilet. This test is performed in a private area of our office and typically takes around 30 minutes.

Will my insurance cover this test?

Most insurances will cover the test, however, please consult with your health insurance company to ensure coverage.

How do I prepare for this test?

One and a half hours (90 minutes) before leaving home, you will need to perform a Fleet enema, which can be purchased at your local pharmacy. The enema usually takes 15 minutes to work but may take up to an hour.

How do I get my results?

Your physician will need to interpret the results after the test is complete. A return visit should be scheduled to discuss your results.