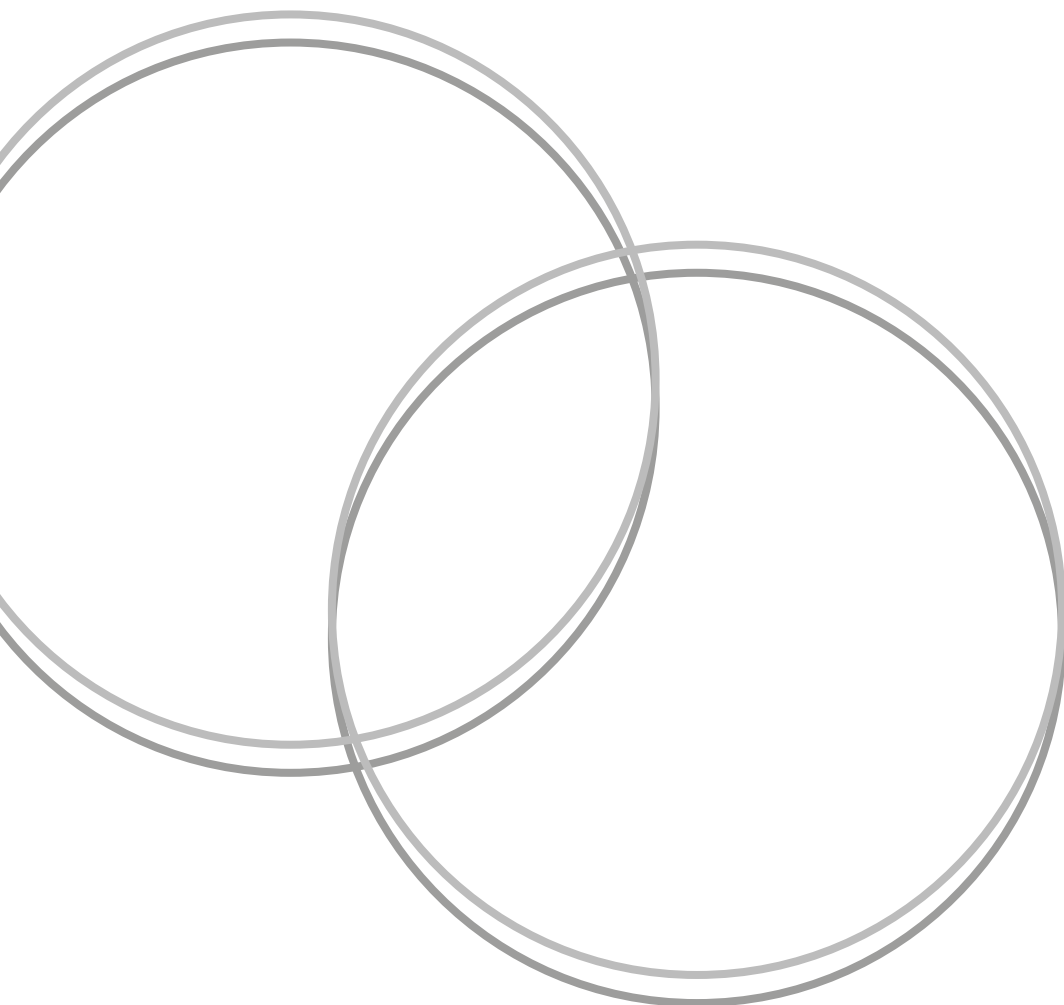


Anorectal Physiology Tests

Information for patients



You have been asked to come for an appointment for anorectal physiology tests. This leaflet has been written to answer the most frequently asked questions about this test.

What happens during the procedure?

The procedure is in 2 parts. The first test involves passing a small tube (about the width of a pencil), into your back passage, to a depth of approximately 10cm. You will be asked to relax and at intervals squeeze your back passage with the tube in place.

The tube has a small balloon on the end which will then be slowly inflated and you will be asked to tell the clinician when you are aware of different sensations. The balloon is then deflated before being removed.

The second test involves placing an ultrasound probe, about the size of a thumb, into your back passage. This will show us the structure of the muscles in your back passage.

Frequently asked questions:

Q: What are these tests for?

Anorectal physiology tests give us important information on the function of your back passage and rectum. The pressure of your sphincter (anal canal muscle) can be measured and the sensation inside your rectum can be assessed. Ultrasound allows us to see the structure of your back passage, and identify any abnormalities.

Q: Will these tests be painful?

No. You may find the insertion of the tube slightly uncomfortable, but not painful. There is a small amount of water used in these tests, which can sometimes cause a very slight stinging sensation if you have damaged anal skin.

Q: Will these tests be messy?

No. A very small amount of water is used in the tube to obtain one of the measurements so you may feel some wetness around your bottom. A clear jelly is also used to minimise any discomfort.

Q: What will I have to do on the day?

We request that you lower your underwear and lie on your left side on a couch with your knees bent. There is no need to completely remove any item of clothing or your shoes, unless you feel more comfortable doing so.

Q: Do I need to empty my bowel before I have this test?

No. Bowel preparation is not necessary.

Q: Can I be sedated to have these tests?

No. Sedation is not necessary, as the procedure is not painful and we need you to be aware of your muscles and sensations.

Q: (Women) Does it matter if I have my period?

No. It does not affect the outcome of these tests, and you can still have them performed as planned.

Q: How long will I be in the hospital?

These tests take approximately 30 minutes, but you will be with the clinician for up to 1 hour as they will need to ask you some questions about your bowel symptoms and some medical history.

Q: Who will be in the room during these tests?

There will be the person performing the tests and an Assistant Practitioner to help with the tests.

Occasionally there will be visiting students, doctors or nurses, however you will be asked whether you would be happy to allow anyone extra into the room, prior to the tests.

Q: Will these tests tell me if I have cancer?

No. These tests are not performed to determine whether there is a cancer present.

Q: When will I get the results?

Your results will be sent to the referring consultant who will either send you a letter explaining the results or discuss with you at your next appointment.

Q: Will I be able to drive home after the tests?

Yes. These tests will not affect your ability to concentrate or drive.

Other information

Please bring with you a list of any medications you are taking, including over the counter and herbal remedies.

If you know that you are pregnant, please contact the department to discuss your appointment.

If you have any further questions that cannot wait until the day of your appointment please contact the **GI Physiology** department:

Tel: **01865 235 881**
01865 235 883

(during office hours)

Email: pelvicfloor.advice@ouh.nhs.uk

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Authors: The Pelvic Floor Team

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Oxford University Hospitals NHS Foundation Trust

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