



33 Overlook Road, Suite 306, Summit, NJ 07901
908.273.2886

PELVIC FLOOR TESTING

Testing is done at the Endoscopy Unit, located on the 4th floor of Overlook Hospital.

Please arrive at Overlook Hospital 45 minutes prior to your procedure. You must bring a picture ID, insurance card and any proof of vaccination.

You will need to take 2 Fleet enemas in preparation for the procedure:

- Take 1 enema the night before your procedure (as close to bedtime as possible).
- Take 1 enema 2 hours before your procedure.
- No fasting is needed. You may eat before this procedure.
- No anesthesia is given during the procedure. You may drive yourself to and from the examination and you will be able to leave immediately after the tests are performed.

Anorectal Physiology is the study of the function of the anus and rectum. Muscle strength, nerve function, and pelvic floor motion are evaluated to help the physician recommend the appropriate medical or surgical treatment for you. The physician performing the procedure will explain the purpose of each test ordered for you. The results of your testing will be reported to your referring physician. They will be the best to recommend options for your care.

Anal Manometry tests the strength of the muscles, which control your bowel movements. A small tube the size of a drinking straw is placed into the rectum. Pressure monitors inside the tube transmit the muscle impulses to a graph like an electrocardiogram. This test takes approximately ten minutes and is not painful. Anal Manometry is most useful in evaluating those with impaired control over bowel movements.

Anorectal Ultrasound examination allows for the examination of the anus and rectum walls to determine structural irregularities. The device used in the test is approximately the same size as an adult index finger. It produces a sensation of anal fullness. This exam assists in the evaluation of the causes of anal weakness and in the assessment of anal and rectal growth.

Electromyography (EMG) tests the nerves around the anus to determine if the nerves that supply your anal muscles are intact and responding appropriately. This painless procedure is performed by placing small electrodes on the outside of the anus to record electrical activity. EMG assists in the evaluation of impaired control over bowel movements or problems with proper evacuation.

The Digestive Center
908.522.5786