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PREP FOR ANORECTAL PHYSIOLOGY TESTING

Testing is done at the Digestive Disease Center in the Endoscopy Unit (located on the 4th floor of Overlook Hospital.)

Please arrive at Overlook Hospital 45 minutes before the procedure.

You must provide a picture ID

You 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 procedures. You may drive yourself to and from the examination and you will be able to leave immediately after the tests are performed.

Listed below are the procedure codes and the descriptions are on the back.

Anal Manometry	91125
Rectal Ultrasound	76872
Electromyography	51784
Rectal Sensation Test	91124

**The procedure codes can be given to your insurer to determine coverage and or any precertification / authorization requirements. This procedure is performed at the hospital, so you will have a hospital bill over which we have no control of.

The Digestive Center

908-522-5786

Pelvic Floor Lab

Anorectal Physiology is the study of the function of the anus and rectum. Muscle strength, nerve function, 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 controls your bowels movements. A small tube the size of a drinking straw is placed into the rectum. Pressure monitors inside the tube transmit the muscle impulse to a graph similar to an electrocardiogram. This test takes approximal ten minutes and is not painful. Anal Manometry is most use full in evaluating those with impaired control over bowel movements.

Anal rectal ultrasound examination allows for the examination of the anus and rectum walls to determine structural regulations. 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 cause of anal weakness and an assessment of anal rectal growth.

Electromyography (EMG) tests the nervous 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 assist in the evaluation of impaired control over bowel movement or problems with proper evacuation

Treatment options,

Biofeedback is an important component of treating pelvic floor syndrome and providing patients with specific information about the pelvic muscle. Small sensors are placed on the muscles being monitored and the equipment can't detect the electrical activity of these muscles. The sensors are connected to a computer that changes the electrical activity of the muscles into a goal that can be seen or heard on the computer screen. *A nurse performs this procedure and no preparation is necessary*.

Electro-Galvanic stimulation is not a test but a treatment for rectal pain. A probe is inserted into the rectum to stimulate the muscle that may be in spasm. The procedure takes about 30 minutes and may at times be moderately uncomfortable.
A nurse performs this procedure and no preparation is necessary.