How to Prepare for Your Anorectal Manometry

IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT
If you must cancel or reschedule your appointment, please call 708-216-0464 with at least SEVEN DAYS notice so another patient can be offered the time slot.

Follow all of the instructions in this handout EXACTLY as they are written. If you do NOT follow the directions, your test will need to be rescheduled.

Key Instructions:
- Buy your Fleet® enemas at least 7 days before your procedure.
- Do not eat or drink anything for 2 hours before your test.

PREPARING FOR YOUR PROCEDURE:

7 days before your procedure
- Buy 2 Fleet® enemas from your local pharmacy. You can get them over-the-counter from a pharmacy or supermarket, and follow the instructions on the container.
- Call 708-216-0464 if you are unable to keep your appointment and need to reschedule.

The day of your procedure
- Do NOT eat or drink anything for 2 hours before your scheduled appointment time.
- You may take your morning medications with small sips of water.
- Give yourself one Fleet® enema 2 hours before your appointment time. If you have no bowel movement after the Fleet® enema, you will need to do it again with the second Fleet® enema.
- You should arrive to the GI Lab at least 30 minutes before your scheduled procedure time.
- PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT.

After the procedure
- You may drive yourself home, eat and go about your normal activity after the procedure is completed.

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Questions:
If you have any questions about preparing for your procedure, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow on Call