**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 anything after completing the second enema.

**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 anything after completing the second enema.
- You may take your morning medications with small sips of water.
- Give yourself 2 Fleet® enemas 4 hours before your appointment time.
  - If your procedure is scheduled between 8 and 10 am, take 2 enemas the night before with one hour between enemas.
  - If your procedure is scheduled between 11 am and 2 pm, take one enema the night before and the second enema between 6 and 9 am.
- You should arrive to the GI Lab at your scheduled appointment time.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

(continued)
After the procedure

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

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