

Having an Anorectal manometry study to assess problems with bowel function

Respiratory Physiology Unit

Information for Patients

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Introduction

Your doctor has asked for you to have an Anorectal manometry study. This leaflet will give you general information about this test. Please read the leaflet carefully.

If you have any concerns or questions please contact the department on **0116 258 3420** or email: uhl-tr.respiratoryservice@nhs.net

What is an Anorectal manometry?

Anorectal manometry is a test that measures the pressure of your bottom muscles (anal canal and rectum) and how well they are working. We can measure their strength and coordination (if they are too loose, too tight or not working together correctly).

The test involves inserting a thin tube which has pressure sensors into the anal canal and lower rectum. You will be asked to cough, squeeze and pushdown during the test. The size of your rectum and any feelings you may have will also be measured by inflating a small balloon on the end of the tube.

Why do I need this test?

This test will help your doctor to understand why you are getting your bowel symptoms (difficulty passing stool, constipation or leakage) It will provide information about your condition and will help them decide the best treatment for you.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

How do I prepare for the test?

- Please complete the bowel diary in this leaflet for **14 days** (or as much as you can) before your appointment. Please bring this with you to your appointment.
- You can continue to take your usual medication.
- You will need to undress from the waist down so wear a separate top and skirt or trousers on the day.
- Please try to empty your bowels on the morning of the test if possible.

What will happen on the day?

You should go to the **Gastrointestinal (GI) Physiology Laboratory**, which is in the **Respiratory Physiology Unit (south entrance)** at **Glenfield Hospital**.

You do not need to have a family member or friend with you for this appointment. They will not be able to come into the room with you during the test.

A member of staff from the department will meet you and explain the test to you. This is to make sure that you fully understand the test and any risks. You will be able to ask questions. You will be asked to sign a digital consent form if you agree to have the test.

You will be asked to undress from the waist down and then lie on your side on a couch. There will be a sheet to cover you. There will be 2 members of staff in the room during the test.

The member of staff doing the test will need to feel inside your bottom with a gloved finger to check for any abnormalities. You will be asked to cough, squeeze and pushdown so that they can feel the muscles working. The tube will then be inserted a few centimetres into your bottom and taped in the correct position. When the tube is in place and the readings have settled down, you will be asked to cough, squeeze and pushdown, a number of times each. There will be time to rest between each effort.

After the pressure tests, a small amount of air will be put into the balloon on the end of the tube. You will be asked if you can feel anything in your bottom.

The staff will give you clear instructions during the test. The test should not be painful, but you might feel some pushing when the tube is put into your bottom. You are unlikely to leak stool during the test.

When the test is finished, the tube is removed and you will be given privacy to get dressed again.

What happens next?

The results of the test will be looked at and a report will be sent to the consultant in charge of your care. The results will be discussed with you at your next clinic appointment.

Contact details

If you have any concerns or questions you can contact the Respiratory Physiology Department on **0116 258 3420**, Monday to Friday, 8.30am to 4pm or email: **uhl-tr.respiratoryservice@nhs.net**

Bowel diary: week 1

How to complete the bowel diary - each time you open your bowels put a tick (✓) in either row 1 or row 2 depending on whether you had to rush or not. If you open your bowels 3 times there should be 3 ticks (✓✓✓) for the day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Number of times you opened your bowels and had to rush							
Number of times you opened your bowels and didn't need to rush							
Leak of solid stool (Y/N)							
Leak of loose stool (Y/N)							
Staining of underwear (Y/N)							
Pads used (Y/N)							
Average bowel consistency S = solid M = mushy L = liquid							
Straining (Y/N)							
Need to use finger (Y/N)							
Did your bowels limit your daily activities? (Y/N)							

Bowel diary: week 2

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Number of times you opened your bowels and had to rush							
Number of times you opened your bowels and didn't need to rush							
Leak of solid stool (Y/N)							
Leak of loose stool (Y/N)							
Staining of underwear (Y/N)							
Pads used (Y/N)							
Average bowel consistency S = solid M = mushy L = liquid							
Straining (Y/N)							
Need to use finger (Y/N)							
Did your bowels limit your daily activities? (Y/N)							

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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