



**PATIENT INFORMATION LEAFLET**

# **ANORECTAL PHYSIOLOGY STUDIES AND ENDOANAL ULTRASOUND SCANNING**

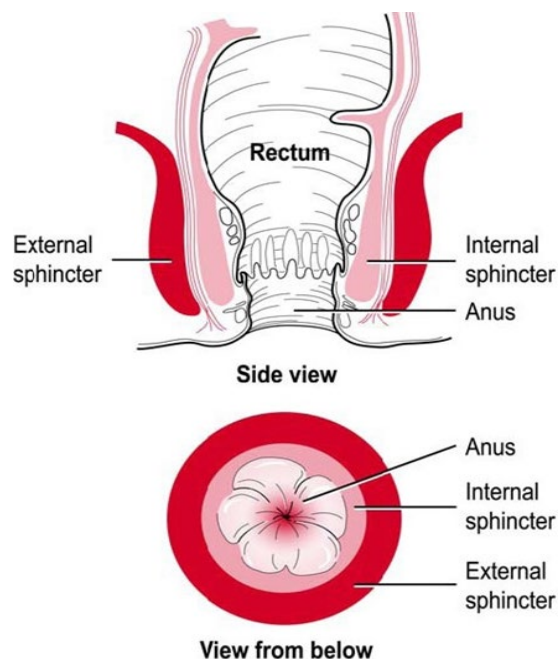
You have been referred to the Warrell Unit for tests of the muscles and nerves around your back passage (anus). The results may help you and your doctor to better understand why you are having problems in this area.

## **WHAT ARE THE ANAL SPHINCTER MUSCLES?**

The anus is surrounded by sphincter muscles.

The inner tube of muscle, called the internal anal sphincter, keeps the anus closed and automatically opens when you need to move your bowels.

The outer tube of muscle, called the external anal sphincter, allows you to decide when to open your bowels as you can squeeze it together to stop your bowels emptying.



The functioning of the muscles can be examined by doing the following tests:

## ANORECTAL PHYSIOLOGY STUDIES

A thin catheter (like a tube) with a tiny balloon on the end is placed into the back passage to measure the strength of the muscles. A small amount of water is passed through the catheter to allow us to measure the muscle strength. You may be aware of the water, and you should not worry. You will be asked to do some squeezes and coughs with the catheter in place. You may also be asked to push down, as if you were trying to open your bowels, to see how your muscles behave.

A tiny balloon is used to measure how sensitive your back passage is to stool. As the balloon is inflated with air, you will be asked to tell us when you feel a first sensation, when you feel the need to open your bowels, and when the feeling is desperate. Once the air is released, the feeling will go away.

On certain occasions (depending on your individual symptoms), other tests may be necessary. This will be discussed with you at your appointment.

## ENDOANAL ULTRASOUND SCAN

A scan probe is placed inside the back passage to see what the muscles look like. Pictures are taken and saved electronically to your medical records. You will just be aware of the probe inside – you should not feel any pain or discomfort.

Both of these tests can be carried out at your appointment as each one takes only a few minutes.

Anorectal manometry is a safe, low-risk procedure and complications are rare. Equipment failure is a remote possibility and rarely there may be some bleeding from the rectum following insertion of the catheter. People who are allergic to latex should inform the nurse or technician before the test. No bowel preparation is required, and you can eat and drink normally beforehand. These tests will not affect your ability to drive afterwards.

**If you require any further information or clarification, including clarification of terminology, please do not hesitate to talk to one of the doctors or nurses, who will be happy to discuss your concerns with you.**

## CONTACT DETAILS



**For appointments:** 0161 701 4455 (Choose option 3 “Urogynaecology”) 08.30 -16:00  
For any other queries please contact the Clinical Scientists: 0161 701 0183



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