

# 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.*

## PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call 937-629-0100 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 937-629-0100 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.