

## **Pelvic Floor Center**

We are fortunate to have access to the only pelvic floor center in the state of Texas. This center allows us to diagnose and thus properly treat difficult anorectal disorders, such as bowel incontinence.

## **What is Anal Rectal Physiology?**

Anal Rectal Physiology is the study of the function of the anus and rectum. The Incontinence and Pelvic Floor Disorder Center at the Methodist Specialty and Transplant Hospital offers comprehensive evaluations of bowel dysfunctions through specialized testing and procedures. You may be scheduled for one or more procedures that will evaluate your muscle strength and pelvic floor motion so that your physician can recommend appropriate medical treatment for you.

Some of the procedures that may be performed on you include:

- Anal Rectal Manometry
- Cine Defecography
- Pudanal Nerve Latency
- Electromyography

## **Why You Need an Anal Rectal Physiology Study**

An Anal Rectal Physiology evaluation is ordered by physicians to pinpoint potential problems with your bowels. These studies are a combination of several useful tests that provide important information with an in-depth picture that will help your doctor decide the type of treatment that is needed to help correct or eliminate your bowel problem.

## **How to Prepare for the Study**

You will need to take two Fleet enemas. Take the first enema two hours prior to the test and the second enema 30 minutes later. These enemas are available at any pharmacy. There are no dietary restrictions. Please register 30 minutes prior to your appointment in the admissions area of the hospital (located in the main lobby of Methodist Specialty and Transplant Hospital).

## **What to Expect**

Your visit should last between sixty and ninety minutes. No medications are given; you can leave immediately after the procedures are performed.

The following procedure(s) may be performed:

- **ANAL MANOMETRY:** Anal manometry is an evaluation of the strength of the muscles which control your bowel movements. The test is performed by placing a small tube (the size of a drinking straw) into the rectum and then slowly withdrawing it. It is a painless procedure that takes 15 minutes to perform.

- **ELECTROMYOGRTAPHY:** If your doctor wishes, an EMG, or electromyography, will also be performed, this tests the muscles around your anus. The test allows us to determine if the nerves that supply your sphincter muscles are intact and that your muscles relax and contract as they should. These are performed by placing small electrode patches near the rectum to measure the electrical activity. You will be asked to bear down, tighten, or relax your sphincter muscles during the test. This is a painless procedure which takes five minutes to perform.
- **PUDENAL NERVS:** Your physician will perform the Pudenal Nerve Conduction Study. The doctor will place a stimulus electrode on a gloved finger and insert this electrode into your rectum. This electrode will stimulate the nerve and recordings are made of the nerve and muscle's response to the stimulation. This procedure takes five minutes and may be a little uncomfortable.
- **RECTAL ULTRASOUND:** Your doctor may also perform a rectal ultrasound to evaluate the sphincter muscles for any defects. The ultrasound transducer (the size of a finger) is inserted into the rectum. Sound waves are transmitted and received to create images of the muscle on a screen. Ultrasound examination involves no radiation and is painless. This exam usually takes less than five minutes to perform.
- **CINE DEFECOGRAPHY:** A cine defecography is a test of the motion of the pelvic floor, the muscles which control a bowel movement, and the motion of the anus and rectum during evacuation. A small amount of barium is placed in the rectum and a recording is made during evacuation of the barium. It takes about fifteen minutes to perform and is a painless test. This test is performed in the radiology department using X-rays.

### **Reminders**

- You may eat before you come.
- Use two Fleet enemas – one two (2) hours prior to the test and one thirty (30) minutes after that.
- Wear comfortable or loose fitting clothing.
- Bring your completed history form.

**IF YOU HAVE QUESTIONS PLEASE CALL:**

**(210) 575-8171: INCONTINENCE AND PELVIC DISORDER FLOOR AT MSTH**

**OR**

**(210) 212-4114: SAN ANTONIO COLON AND RECTAL CLINIC**