

Colorectal Surgery Services Defecatory Dysfunction Diagnostic Center

Why are you getting these studies?

Your surgical team has found that you have either fecal incontinence (also known as anal or stool leakage) or constipation related to the pelvic floor (difficulty evacuating stool). In order to give you a treatment plan, tests must be performed. These tests study the anatomy and physiology of the way you defecate or pass stool.

What will happen at your tests

Please arrive for your testing about 10 minutes before your scheduled appointment. Please wear comfortable, loose-fitting clothing. A medical assistant will check you in at the front desk at the office and escort you to the diagnostic suite.

You will be given a medical gown and asked to lie comfortably on your left side on an examination table. The testing will be performed by your medical provider (doctor and / or assistant.) You will be asked to perform various maneuvers with your anal canal and pelvis (rest, squeeze and strain down or push.) An ultrasound may be done. The testing takes about 30 minutes to perform. The tests are not painful.

You will undergo the following test in the office:

- Anal Manometry – A thin catheter is placed in the anus and rectum. A computer measures the pressures of the anal canal to see if the anus is weak or strong. Also, the catheter is used to see if you can relax the anus (sphincter) appropriately. A balloon is used to test the anal and rectal reflexes.
- Rectal Sensation Testing - A balloon is placed in the rectum. It is slow and gently inflated to see if you can sense it and that the nerves that allow you to feel stool work correctly.
- Electromyography (EMG) – Sticky electrodes with wires are placed around the outside of the anus. A computer measures the nerve signals. You are asked to squeeze and relax the anus. This procedure tests your muscle control.
- Anal Ultrasound – A probe the size of a finger is placed in the anus. Sound waves are used to take a picture of the anal muscles just like weather radar. A computer records the pictures.

You are scheduled at _____ on _____.

Your doctor will be: John H. Winston, M.D., MBA

Preparation for your tests

You may eat a light breakfast the morning of your procedures. You may take all of your medicines as scheduled.

Please take two Fleet® enemas the morning of your procedures. Empty your rectum of the enemas before arrival. Fleet® enemas are available over-the-counter at any grocery store or pharmacy.

You may drive yourself to and from the tests. You will not need sedation. Feel free to bring someone along like a family member or friend if you like.

Potential Complications

Complications of the procedures are very, very rare. The testing is very safe. Potential complications can include light bleeding from the rectum or rectal damage.

After your procedure

Immediately, after your procedure your doctor may review the results with you and give you an opinion and / or treatment plan. A family member or friend is welcome to come with you to participate in this aspect of the visit.

You may drive yourself home and go about your normal activities as soon as you are done with the procedures.

Reports will be sent to your referring doctor and any other doctors you chose.

Other tests or X-rays may be ordered depending on what is found during your testing in the office. Your doctor will discuss this with you. The office may schedule these additional test or X-rays before you leave the office.

Questions

If you have any questions, please feel free to call the office at **(210) 490 - 2828**. It is best to have all of your questions answered a couple of days before your tests so that there will be time to respond or make changes.

Notes:
