



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 or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** 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 anything after completing the second enema.**

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 **708-216-0464** if you are unable to keep your appointment and need to reschedule.

The day of your procedure

- Do **NOT** eat anything after completing the second enema.
- You may take your morning medications with small sips of water.
- Give yourself 2 Fleet® enemas 4 hours before your appointment time.
 - If your procedure is scheduled between 8 and 10 am, take 2 enemas the night before with one hour between enemas.
 - If your procedure is scheduled between 11 am and 2 pm, take one enema the night before and the second enema between 6 and 9 am.
- You should arrive to the GI Lab at your scheduled appointment time.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

After the procedure

- You may drive yourself home, eat and go about your normal activity after the procedure is completed.

Questions:

If you have any questions about preparing for your procedure, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow on Call

Last Reviewed 3-19

This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at www.loyolamedicine.org

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