

Easy read information

Having an awake anorectal manometry test



This factsheet explains what an awake anorectal manometry test is so you know what to expect.



You have important muscles and nerves in your bottom that help you to poo.



If these muscles and nerves don't work properly you may not be able to poo at the right time.



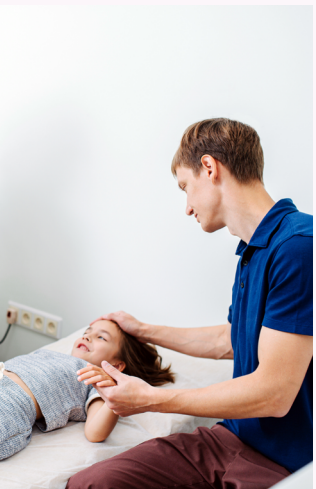
This test can help your doctor to see if your bottom is working properly.



You will need to come into hospital for the test.



You will be awake for the test.



Your parent or guardian will stay with you for the test.



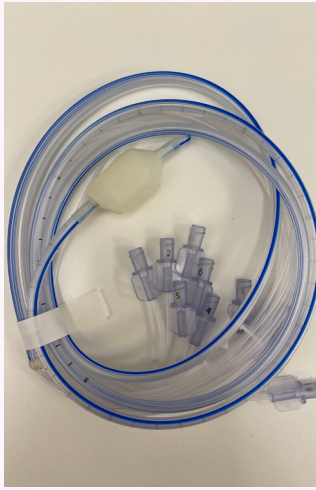
The test will be done in a treatment room.



We will ask you to lie down on your left-hand side on a couch.



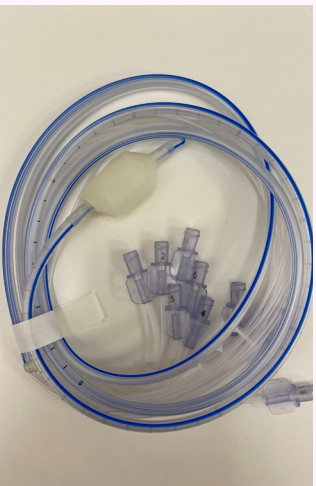
We will look at your bottom to make sure the test is safe to do.



We will then put a thin bendy tube into your bottom. This tube has a small balloon on the end that goes into your bottom.



You may find this uncomfortable but it should not hurt.



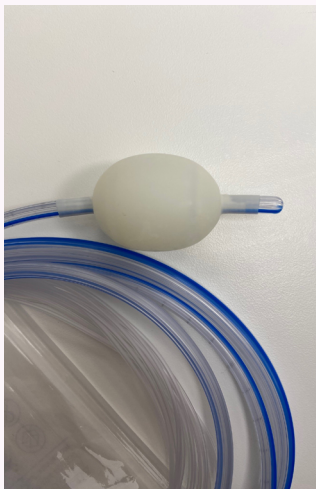
The tube has lots of sensors in it which check if the muscles and nerves in your bottom are working properly.



The information that the sensors record will be sent to a computer.



We will ask you to cough, squeeze your bottom and push like you are trying to have a poo.



We will then slowly fill the small balloon that is in your bottom with water.



We will ask you what you can feel inside your bottom.



You may feel that you need to poo but this is a pretend feeling.



When the test is finished we will remove the tube from your bottom.



If you don't have any other tests planned you can go home.



We will send your test results to your doctor who will explain what happens next.



Please ask us if you have any questions or are worried about anything.

Tell us about your child's needs

Don't forget to tell us if your child needs extra support before their appointment. You can do this by:

- calling our gastrointestinal (GI) physiology team on telephone: **023 8120 4132** (Monday to Friday, 8am to 4pm)
- emailing: accessible@uhs.nhs.uk

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