

# Central Adelaide Local Health Network

**Royal Adelaide Hospital**  
Consumer Information

## **Ano-rectal Motility** (ARM)

## **Endo-anal Ultrasound** (EAUS)

## **Pudendal Nerve Latency** (PNL)

Name	
URN	

### **Your appointment**

ARM	Thursday
EAUS	Thursday
PNL	

All procedures will be performed consecutively.  
Any queries please contact Marcus

Please present to Day Surgery &  
Procedures

**Lift B or C to Level 4**  
**Please bring your Medicare Card**

If this appointment is not convenient, it is essential that you phone 08 70741707 at least 1week in advance

### **ANORECTAL STUDIES**

Anorectal studies examine how your anus and rectum (back passage) work and are used to investigate problems such as incontinence and constipation.

This leaflet will help to acquaint you with the tests that your doctor has arranged for you.

It contains:

- A brief description of each test
- The risks and complications
- Instructions about preparation for the test
- Information about registration.

We strongly recommend that you read the information contained in this booklet as it is important that you understand the procedures before signing the Consent Form.

### **YOUR TESTS**

The tests that have been arranged for you are:

- Anorectal manometry
- Endo-Anal Ultrasound
- Pudendal Nerve Latency Testing

### **ANORECTAL MANOMETRY**

The whole test takes about 1 hour to perform during which you will lie down on a comfortable bed.

A small (3mm wide) soft rubber tube will be inserted into your back passage. This tube records the muscular activity of your anus and rectum

Measurements will be made while you are lying quietly for about 10 minutes. You will then be asked to perform a series of exercises in order to test the power of the muscles.

These exercises may include:

Voluntary squeezing of the anal muscles  
Orally blowing up a party balloon  
Straining or bearing down

During the test you may notice some moisture coming out of your anus. This is caused by the water flowing through the tube.

### **Rectal distension**

The reflex responses of your anal muscles and your sensation to distension of the rectum will then be tested by inflating a balloon that is attached to the catheter in your rectum.

The balloon will be inflated in graded steps up to a volume of about 200ml. At each step, you will be asked what you feel.

During the inflations you may experience sensations as if you wanted to pass wind or open your bowels.

### **ENDO-ANAL ULTRASOUND**

This test creates an echo map of your anal muscles in order to detect any defects or gaps. Such gaps are a common cause of Incontinence.

A tapered cylindrical plastic probe about 10mm in diameter is inserted into the anus.

This probe contains a device that emits a high frequency sound which creates the echo map of your anal muscle.

The probe is withdrawn in small steps and echo maps created at several levels along the anal muscles. These maps are displayed on a screen and a photograph is taken.

## PUDENDAL NERVE LATENCY

A small digital electrode is inserted into the back passage and this will indicate if the nerves located either side of the anal canal are operating normally.

This test takes about 15 minutes to perform.

## RISKS AND DISCOMFORTS

There are no major risks from the procedures. Passing the tubes or ultrasound probe is usually not uncomfortable unless you have a pre-existing anal problem such as inflammation or a fissure. Inflating the balloons is usually felt only as 'wind' or the need to open your bowels. The larger volumes may cause mild discomfort but the distensions will not be increased beyond the point of discomfort. Any discomfort will usually settle rapidly once the tube or ultrasound probe is removed.

If your rectum is inflamed, you may notice a small amount of bleeding when you next open your bowels after the procedure. This is usually only slight and settles quickly.

## CONTINENCE INFORMATION

For more information regarding continence issues please contact:

Continence Foundation of  
Australia HelpLine: 1800330066  
WWW:continence.org.au

Nurse Practitioner-Continence Lyell McEwin  
Hospital 81829000

## PREPARATION FOR ALL TESTS

### Anorectal Motility/Endo-anal Ultrasound/ Pudendal Nerve Latency

It is important that you open your bowels before the test. Try to do this in the morning or before you leave home to come to the hospital.

*If necessary* You may be given a small enema (Microlax/Fleet) to use at home about 1-2 hours before the test. Otherwise one may be administered in the ward.

### Medications

Your doctor will advise you about which medications you can take and which must be stopped before the test.

If you are in doubt, call Marcus Tippett

## AFTER THE TEST

You may drive yourself home if you wish. The tests do not involve any sedation.

## CHAPERONE

**This procedure is normally performed by an experienced male technician. A female chaperone is not routinely available but can be arranged if required. Please let us know at least one day before the procedure if this is required so that we can make arrangements. If you wish you may bring a friend or relative. All efforts will be made to accommodate your wishes.**

## FOR MORE INFORMATION

**Marcus Tippett - Technical  
Day Surgery & Procedures  
Gastrointestinal Investigations Unit  
Patient Admissions Level 4  
Royal Adelaide Hospital**

**Telephone: 08 70741707**



The information contained within this publication does not constitute medical advice, and is for general information only. Readers should always seek independent, professional advice where appropriate

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