

ANORECTAL MANOMETRY (ARM) + BALLOON EXPULSION TESTING (BET)

Appointment Date: _____ Time: _____

Location: Digestive Health Center, 259 E. Erie St., Lavin Pavilion, 16th floor

To schedule, re-schedule or cancel, please call: 312.695.5620

About the Anorectal Manometry

Anorectal manometry is a test used to assist your physician in the diagnosis and treatment of various rectal disorders such as fecal (stool) incontinence (involuntary loss of control of your bowel movements), constipation (difficulty having bowel movements), and rectal pain. The primary benefit of these tests is that your physician has documentation of how your pelvic floor muscles function, helping your physician to make appropriate treatment choices.

Insurance

To avoid any unforeseen charges, please verify benefits, coverage and preferred location(s)/providers for this procedure with your insurance company. Procedure and diagnosis codes can be found below.

Procedure (CPT) Code: 91122 Diagnosis (ICD-10) Code: _____

Our department will assist on obtaining pre-certification/prior-authorization if your insurance requires. Please call your insurance company three days prior to your procedure to verify that you have received authorization. If your procedure has not been approved, please call our pre-certification department at 312.926.3041.

Preparation

- You will need to administer **two Fleet Enemas (or generic) two hours prior to your exam**. Please complete this in the privacy of your home. These are available without a prescription and are over the counter. Please follow the instructions on the packaging and begin administration two hours prior to your appointment. Your rectum needs to be clear of any solid stool.
 - Note: if you have chronic kidney disease/failure, please discard the enema solution and fill bottles with warm tap water instead as this will be easier on your kidneys.
- There are no eating or drinking restrictions prior to this procedure; however, you may want to eat a light breakfast and/or lunch on the day of your test.

During the Anorectal Manometry

The Anorectal Manometry + Balloon Expulsion Testing takes approximately 15–20 minutes to complete. The technician will explain the test and ask you several questions related to the symptoms you have been experiencing. After the questions are answered, you will be asked to lie on your left side. The technician will then insert a thin, flexible tube into the rectum.

During the test, you may experience some rectal pressure and/or a feeling of having to have a bowel movement. The technician will ask you to squeeze, relax, and push during the test. We may also be testing muscular reflexes by filling a balloon on the catheter with air and removing the air to test and see if the muscles relax against the pressure and re-contract.

After the Anorectal Manometry

The Anorectal Manometry test is usually well tolerated without complications or side effects. Unless instructed differently, after the procedure, you may resume all normal activities.

Your results will be available within 7–10 business days after your procedure. If you do not receive your results via telephone or MyChart within 7–10 business days, please call your doctor's office.