



Digestive Health Center

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

INSTRUCTIONS

Appointment Date: _____ Arrival Time: _____ Procedure Time: _____ Physician: _____

**Plan to spend 1 hour in the GI Lab

- Location
- 259 E Erie St, **Lavin** Pavilion,
16th floor, Chicago, IL
 - 675 N Saint Clair St, **Galter** Pavilion,
4th floor, Chicago, IL

Insurance Codes:

Procedure Code (CPT): _____

Diagnosis Code (ICD 10): _____

Welcome

Northwestern Medicine Memorial Hospital strives for your experience with Endoscopy Services and the hospital to be excellent. Your safety and comfort are our primary concern and we want your stay to be an exceptional experience.

Appointment Information

You will receive an arrival time for your test. Please be aware that your test may be delayed due to unforeseen circumstances.

Please keep your original appointment. If you need to re-schedule your procedure, you MUST give at least a 7-day notice.

For scheduling related matters, please call: 312.695.5620

For clinical concerns/questions, please call: 312.695.5620

Transportation and Parking

Parking for the Lavin location is available within the Lavin building located at 259 E. Erie Street, which is accessible from both Erie and Ontario streets. Bring your parking ticket to the GI lab for validation to receive a discount on your parking deck fee. Valet parking is available.

Parking for the Galter Pavilion is located at 222 E. Huron Street. Use second floor bridge to access Galter Pavilion.

If you are having another procedure the same day that requires sedation, please review the additional instructions for that procedure.

For more information on our parking garage locations, parking deck fees, and a map, please visit www.nm.org.

About your test

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.

<u>Timeline</u>	<u>Procedure Preparation</u>
3 DAYS BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ Please contact your insurance company to verify coverage and if you will have any out of pocket costs, or precertification requirements. Please see the insurance/billing handout for more information on billing, coding, and potential out-of-pocket costs.
THE DAY BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ If you develop any moderate to severe cold symptoms (cough, sore throat, runny nose, etc.), a fever, new cut or wounds, or experience any other changes in your health before your procedure, please contact your physician’s office.
THE DAY OF YOUR PROCEDURE	<ul style="list-style-type: none"> ➤ Call your testing center if you cannot arrive at your scheduled time at 312.926.2425. ➤ Bring a photo ID and insurance card. ➤ Wear loose-fitting, comfortable clothes. <p>Preparation:</p> <ul style="list-style-type: none"> ➤ You will need to administer 2 Fleet Enemas (or generic) 2 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 2 hours prior to your appointment. Your rectum needs to be clear of any solid stool. <ul style="list-style-type: none"> ○ 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.

ANORECTAL MANOMETRY PREPARATION GUIDELINES

GENERAL

- 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 and 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.

MEDICATIONS

- You may take all of your normal medications up until your arrival time.

CONTACT INFORMATION

Please review this document and the FAQ section before calling our office with questions as your question may be answered from within this document.

Clinic	312.695.5620
Procedure Scheduling	312.695.5620
Pre-Certification	312.926.4645
Billing	844.669.2455
Financial counseling/price estimates	312.926.6906
Hospital	312.926.9000
Medical Records	312.926.3376
Digestive Health Fax	312.695.7095
	dhc.nm.org