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اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Anorectal Physiology Studies

Anorectal Physiology Studies

Introduction

You have been referred by your consultant for tests. This information leaflet has been produced to give a brief explanation of the tests.

What are Anorectal Physiology Studies?

Anorectal Physiology Studies test the sphincter (or bottom) muscles in your anus. There are four tests that make up the studies, but you may not need all four.

- The first test measures the sphincters for function with a small catheter (tube) device; this is connected to a computer. You will be asked to "test" these sphincter muscles by squeezing (as not to pass faeces/wind) and coughing.
- The second test is to measure the level of function of the nerve supply to the sphincter. This test can be slightly uncomfortable, as the nerve has to be stimulated by an electrical current.
- The third test is an ultrasound scan (USS). This test is to picture the sphincter muscle rings and to see if there is any break, which could be contributing to your problems.
- The fourth test is to examine the sensitivity of the sphincter (or bottom) muscles; this is carried out by inserting a balloon into your bottom and carrying out some specific measurements.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

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Version: 2

Published: Dec 2011

Review: Dec 2013

Further Information

If you require any additional information concerning the investigations or any advice please contact:

Dawn McWilliams, Specialist Nurse GI Measurement, St Peter's Hospital, Chertsey

Telephone: 01932 723861

Pager: 01932 872000 and ask for pager 8241

- As stated before, you may not require all four tests.

Who will carry out these tests?

A specially trained member of the medical team (a doctor or nurse) will carry out these tests and your privacy and dignity will be maintained at all times.

Will I need any preparation?

No preparation will be required prior to the tests. You may eat and drink before and after the tests and take any prescribed medications.

Will the tests be painful?

Some patients have described the tests as uncomfortable (and embarrassing!) rather than painful.

How long will the tests take?

The tests normally take about an hour to complete.

Should I bring someone with me?

We would advise you to bring a member of your family or a close friend with you to your appointment.

Will I be able to drive following my tests?

Yes, you will be able to drive following your tests, as no sedation is required.

What will happen after the tests?

You will be able to resume normal activities following the tests. We may be able to give some test results at the time and help and advise you about your bowel problems. If you need to attend hospital for further tests and treatment, we will advise you of the relevant treatment plan to suit your individual needs.

Risks and benefits of investigations

Risks - There are no reported risks with these investigations. However, possible infection cannot be discounted.

Benefits - Obviously the investigations are beneficial in as much as they enable more accurate diagnosis to be made.

Are there any alternatives

There are no alternatives to these investigations. They are, however, simple and minimally invasive. Please contact Anorectal Physiology with any queries.

Useful Contacts

The Continence Foundation - This organisation offers help and advice and has an established help-line service. They can be contacted at:

307 Hatton Square, 16 Baldwin Gardens, London EC1N 7RJ.

Telephone: 020 7404 6875.

Fax: 020 7404 6876.

Helpline: 020 7831 9831 (Monday to Friday 9.30 to 4.30)

The Digestive Disorders Foundation - This organisation is a registered charity that offers advice and information on digestive problems, and funds research at hospitals and universities. They can be contact at:

3 St Andrews Place, London NW1 4LB

www.digestivedisorders.org.uk

In Contact - This organisation provides information and support for people affected by bladder and bowel problems. They can be contacted at:

Freepost, Lon 12119, London N7 9BR

Telephone: 020 7700 7035

www.incontact.org