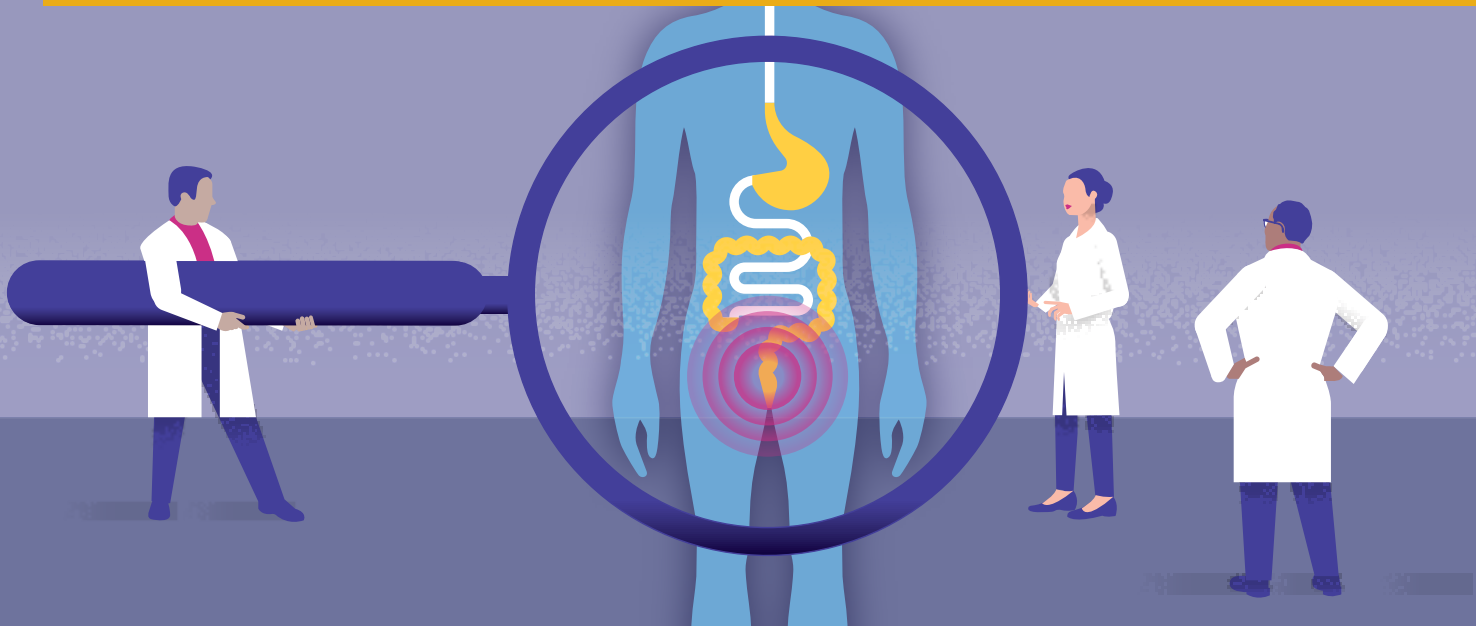


# Anorectal Biofeedback Test Preparation Instructions



- DISCUSS MEDICATIONS** and any health conditions you have concerns about with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:
  - If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
  - Take scheduled medications at least 2 hours prior to your test with a small amount of water.



- SCHEDULE** your anorectal biofeedback. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your anorectal biofeedback, if it was not scheduled for you at your clinic appointment. Note: The PCC might also call you to schedule the procedure.



**LOCATION** Your anorectal biofeedback test will be performed by a **nurse** at the location listed:

### SESSION #1

- UCLA Medical Center  
100 UCLA Medical Plaza  
Suite #205  
Los Angeles, CA 90095**  
Date \_\_\_\_\_  
Time \_\_\_\_\_  
*(Please check in 15 minutes  
before procedure time)*

### SESSION #2

- UCLA Medical Center  
100 UCLA Medical Plaza  
Suite #205  
Los Angeles, CA 90095**  
Date \_\_\_\_\_  
Time \_\_\_\_\_  
*(Please check in 15 minutes  
before procedure time)*

### SESSION #3

- UCLA Medical Center  
100 UCLA Medical Plaza  
Suite #205  
Los Angeles, CA 90095**  
Date \_\_\_\_\_  
Time \_\_\_\_\_  
*(Please check in 15 minutes  
before procedure time)*



**AT LEAST 2 HOURS BEFORE** the anorectal biofeedback, give yourself 2 saline enemas following the package instructions. You may purchase these from your local pharmacy or supermarket without a prescription. The purpose of the enemas is to make you have a bowel movement to clean out the immediate area, so that the probe may be easily inserted into your rectum. Take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with water.

## WHAT IS ANORECTAL BIOFEEDBACK AND WHAT CAN I EXPECT?

Anorectal biofeedback is used to treat patients with constipation related to disordered defecation (difficulty pushing a bowel movement out) or formed stool fecal incontinence (difficulty holding in a bowel movement until a bathroom is available). During biofeedback, visual cues are used to assist patients with recognizing how to isolate and coordinate pelvic floor muscles to either push out or hold in a bowel movement.

Before starting biofeedback, you must have completed anorectal manometry diagnostic testing, so that the session can be tailored to meet your needs. Your doctor can order this test for you.

Anorectal biofeedback is not appropriate for patients 8 years old or younger, patients who are pregnant or patients who have one or more of the following:

- Known anal strictures or obstructions preventing insertion of the instrument
- Rectal prolapse
- Anal pain
- Spinal cord injury
- Severe internal anal sphincter injuries resulting in absence of resting anal canal pressure
- Dementia
- Developmental disability
- Uncontrolled psychotic disorder
- Visual impairment

At the appointment, you will be asked to change into a hospital gown. A nurse will explain the procedure to you and answer any questions you might have. The session will be conducted by the nurse, and there will be a chaperone present due to the sensitive nature of the procedure. First, you will be asked to lie on your left side, so that a small, flexible tube or catheter with an inflatable balloon at the tip can be inserted into the anal canal. The catheter is about the width of an oral thermometer. With the catheter in place, the nurse will instruct you to relax, squeeze, and/or push out at various times to take some measurements that will help guide the rest of the session. The balloon on the catheter will be inflated in the rectum to check sensation. If indicated, you will also complete sensory retraining exercises. Once your session is complete, the balloon will be deflated and the catheter will be carefully removed. After the session, you may drive yourself home and go about your normal activities. The appointment lasts about 60 minutes. Your results will be interpreted by gastroenterologists who have expertise in diagnosing and treating gastrointestinal motility disorders.

