

Anorectal Physiology Testing (ARP)

What is anorectal physiology testing?

- Anorectal physiology testing is an important investigation that helps to show how the anus and rectum is working, and what happens when a person opens their bowels. It can help determine what treatments might be suitable for your bowel condition(s).
- The thought of having a test done on the back passage can be embarrassing. However, it is important to note that the tests will only be performed by caring, sympathetic and highly trained professionals who will maintain your dignity at all times.
- Before the tests, you will be asked a series of questions to elicit your symptoms, how your bowel works and how these affect your daily life.
- The tests involve several different measurements and take around an hour to complete.

Anorectal physiology test (Manometry)

- You will be asked to lie on the examination couch on your left side with your knees bent up to your chest; and is divided into two parts:

Anal Pressure Measurement

- This measures the strength of the muscles in your back passage.
- The healthcare professional performing the test will insert a small tube, around the size of a straw, into your back passage.
- Once the tube is in place, you will be asked to squeeze and relax the muscles while the tube can measure their strength.

- It can be slightly uncomfortable but should not be painful.
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Rectal Sensation and Pressure Measurement

- This measures how much your rectum can hold.
- This also involves passing a small stube into your rectum, this time with a balloon attached.
- The balloon will slowly be inflated, and you will be asked to confirm when you feel it filling up.
- Using the same tube as in the first test, your muscle relaxation will also be measured.
- It can be slightly uncomfortable but should not be painful.

For further information about this, please consider reviewing the Pelvic Floor Society website:

<https://thepelvicfloorsociety.co.uk/patients/default.aspx>

**"This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg"**