

肛门直肠测压

Anorectal Manometry

You are scheduled for a test called an anorectal manometry. This is a test that measures the pressure in your rectum to see if it is working as it should.

The test may be done for people who have:

- Constipation
- Incontinence of stool

If you have questions or are unable to keep this appointment, please contact the healthcare provider who is doing your test.

To prepare

- Several days before your test, buy **2 Fleet Enemas** from the drug store. You will need these for the day of the test. No prescription is needed. Ask the pharmacist if you have any questions.
- Talk with your health care provider before the test:
 - If you have any allergies to medicines.
 - If you are pregnant.
 - About past surgeries or any medical conditions you have.
- On the day before your test, you may have regular meals.
- If there are major changes to your health, please contact the healthcare provider who is doing your procedure. Your procedure may need to be changed for your safety.

按照计划，您将接受肛门直肠测压检查。肛门直肠测压是一项测量直肠压力的检查，以查看其是否功能正常。

此检查面向以下人员：

- 便秘
- 大便失禁

如果您有疑问或无法赴约，请联系正在为您提供检查的医疗护理提供者。

准备事项

- 在检查前几天，从药店购买 **2 支辉力灌肠剂**。检查当天您需要这些辉力灌肠剂。辉力灌肠剂购买不需要处方。如有任何疑问，请咨询药剂师。
- 检查前，请咨询您的医生：
 - 您是否对任何药物过敏。
 - 您是否妊娠。
 - 您既往手术或任何医疗状况的相关情况。
- 在检查前一天，您可以正常进食。
- 如果您的健康状况发生重大变化，请联系正在为您提供手术的医疗护理提供者。为了您的安全，我们可能需要对您的手术作出变更。

Day of the test

- 2 to 3 hours before your appointment, you need to do a Fleet Enema. If no stool comes out, please repeat a second Fleet Enema. Follow the directions on the Fleet Enema package for use.
- Do not have anything to eat or drink 2 hours before your test.
- Please arrive 30 minutes before the test is scheduled, and check in at Registration.
- Expect to be at the facility for at least 1 hour. The test will last 30 to 40 minutes.
- You will not be sedated for this test, so you may drive home after.

During the test

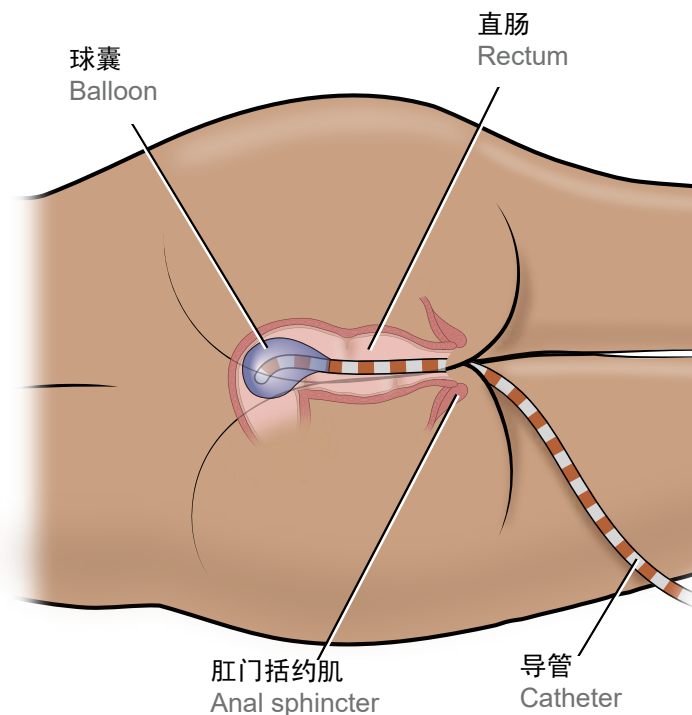
- There is a bathroom in the procedure room.
- You will be asked to remove part of your clothing and put on a patient gown.
- You will lie on a bed on your left side.
- A small, flexible tube, called a catheter, will be inserted into your rectum.
- A small balloon will be inflated in the rectum during the test.
- You will be asked to squeeze your muscles against the catheter and to bear down.

检查当天

- 预约检查前 2 到 3 小时，您需要使用一支辉力灌肠剂。如仍无大便排出，请重复使用第二支辉力灌肠剂。按照包装上的说明正确使用辉力灌肠剂。
- 检查前 2 小时请停止任何饮食。
- 请在检查预定时间前 30 分钟到达检查地点，并在挂号处挂号。
- 预计您需要在检查地点至少停留 1 小时。该项检查将持续 30 至 40 分钟。
- 该检查无需服用镇静剂，故您可于检查结束之后自行驾车回家。

检查期间

- 手术室配有更衣室。
- 将会要求您脱掉部分衣服并穿上检查服。
- 您可以采取朝左侧躺的姿势。
- 一条细长的软质导管将会插入您的直肠。
- 检查期间，一个小球囊将在直肠内膨胀。
- 将会要求您通过肌肉用力挤压导管。



After the test

- There are no limits to your activity or diet after this test.
- You may have a smear of blood after wiping due to catheter irritation.
- Your provider will get a copy of your test results and will contact you.
- If you think you may have signs that are not normal after this test, please contact your provider.

检查后

- 检查后，您的活动或饮食不会有任何限制。
- 由于导管刺激作用，擦拭后可能会有血迹。
- 您的医生将收到您的检查结果报告，并将与您联系。
- 如果您认为检查后出现的症状可能不正常，请联系您的医生。

本手册仅供参考。如对您的治疗有任何疑问，请咨询医生或医疗护理团队。如需了解更多健康信息，请致电 614-293-3707 或发送邮件至 health-info@osu.edu。联系 Library for Health Information。

This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care. For more health information, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.