

Baaritaanka Murqaha Malawadka iyo Dabada

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.

Waxaad u balansantahay baaritaan la yiraahdo baaritaanka murqaha malawadka iyo dabada. Kani waa baaritaan cabbira caddaadiska saaran malawadkaaga si loo eego inay u shaqaynayso sidii la rabay.

Baaritaanka waxaa lagu samayn karaa dadka qaba:

- Calool fadhiga
- Saxaro-ceshad la'aanta

Haddii aad qabtid su'aalo ama aadan awoodin inaad ilaaliso ballantan, fadlan la xiriir bixiyaha daryeelka caafimaadka kaas oo sameynaya baaritaankaaga.

Si aad u diyaargarowdo

- Dhowr maalmood kahor baaritaankaaga, ka iibso daawada **2 Fleet enemas** dukaanka daawada. Waad u baahan doontaa daawadan maalinta baaritaanka. Wax rajeeto ah uma baahno. Soo wac farmashiistaha haddii aad qabto wax su'aalo ah.
- La hadal bixiyaha daryeelka caafimaadkaaga kahor baaritaanka.
 - Haddii aad ku qabto wax xasaasiyado ah daaoyinka.
 - Haddii aad uur leedahay.
 - Wixii ku saabsan qalliinadii hore ama xaalad kasta oo caafimaad oo aad qabto.
- Maalinta ka horraysa maalinta baaritaankaaga, waxaa laga yaabaa inaad cunto cuntooyin joogto ah.



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.

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.

Haddii ay jiraan isbadalo waaweyn oo ku yimaadda caafimaadkaaga, fadlan la xiriir bixiyaha daryeelka caafimaadka kaas oo samaynaya baaritaankaaga. Baaritaankaaga ayaa la baajin karaa si loo ilaaliyo badqabkaaga.

Maalinka baaritaanka

- 2 ilaa 3 saacadood kahor xilliga ballantaada, waxaad u baahan tahay inaad qaadato daawada Fleet enema. Haddii aysan wax saxaro kaa imaan, fadlan mar labaad qaado daawada Fleet enema. Raac tilmaamaha xirmada daawada Fleet enema si aad u isticmaasho.
- Ma ahan inaad wax cunto ama cabto 2 saacadood kahor baaritaankaaga.
- Fadlan imow 30 daqiiqo kahor waqtiga baaritaanka, oo iska xaadari miiska Diiwaangelinta.
- Filo inaad joogto xarunta ugu yaraan 1 saac. Baaritaanku wuxuu qaadan doonaa 30 ilaa 40 daqiiqo.
- Laguuma suuxin doono si loo sameeyo baaritaankan, marka u wadi kartaa gaari gurigaaga kadib baaritaanka.

Inta lagu jiro baaritaanka

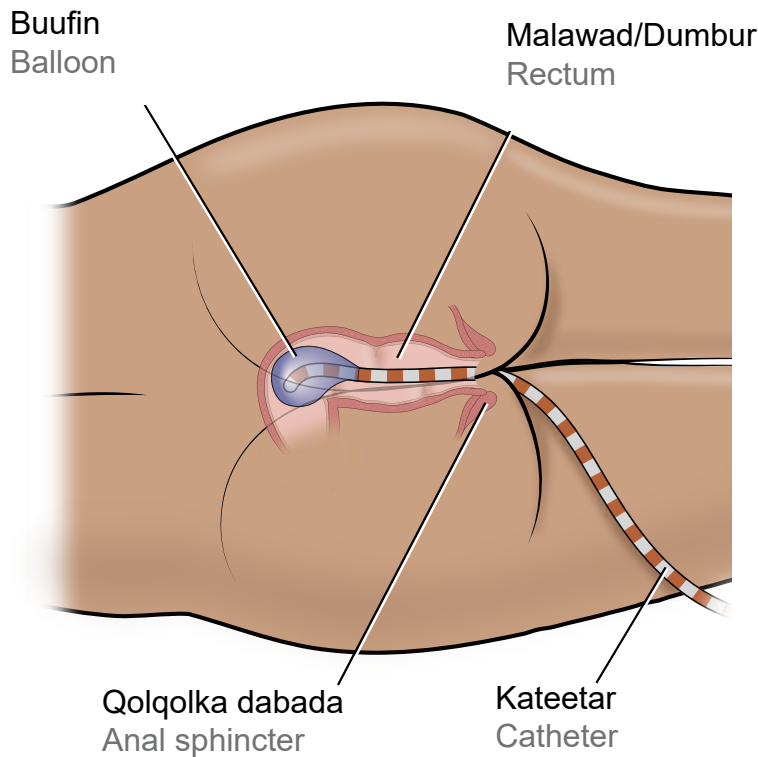
- Waxaa jira qol musqul oo ku dhex yaala qolka habraaca.
- Waxaa lagu sheegi doonaa inaad iska siibto qayb ka mid ah dharkaaga oo aad xirato isku-dayska bukaanka.
- Waxaad u seexan doontaa dhanka biddix.
- Tuubbo yar oo dabacsan, oo loo yaqaano kateetar, ayaa malawadkaaga/dumburtaada la gelin doonaa.
- Buufin yar ayaa lagu buufin doonaa malawadka inta lagu gudajiro baaritaanka.
- Waxaa lagu sheegi doonaa inaad murqahaaga ku majuujiyo kateetarka oo aad saarto cadaadis.

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.

Baaritaanka kadib

- Ma jiraan wax xannibaado ah oo saaran hawshaada ama cuntadaada baaritaankan kadib.
- Waxaa laga yaabaa inuu dhiig yar kaa imaado kadib markaad masaxdo cuncunka kateetarka awgiis.
- Bixiyahaaga ayaa heli doona nuqulka natiijooyinka baaritaankaaga wuuna kula soo xiriiri doonaa.
- Haddii aad u malaynayso inaad leedahay calaamado aan caadi ahayn baaritaankan kadib, fadlan la xiriir bixiyahaaga.



Buug-gacmeedkan waxaa loogu talagalay ujeedooyin macaluumaad oo kaliya. La hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad qabtid wax su'aalo ah oo ku saabsan daryeelkaaga.

This handout is for informational purposes only. Talk to your doctor or health care team if you have any questions about your care.