

## ANORECTAL MANOMETRY INSTRUCTIONS



# Heartland Center for Motility

a family of healing partners

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### PREPARATION

- Nothing by mouth for 2 hours before your appointment.
- Take your regular medications at least two hours before the scheduled test with just enough water to swallow the pills.
- Give yourself a Fleets enema 2 hours prior to the test. This can be purchased from your pharmacy.

### QUESTIONS? Call:

**Procedure Scheduling**  
**309-277-1129**

**(Mon–Fri 8am–5pm)**

### AFTER THE TEST

- You may drive yourself home and go about your normal activities.