

Are There Any Alternatives?

No, there are no alternatives to these tests. They are, however simple and minimally invasive.

Questions to ask the Doctor:

You may wish to make a note of any questions you would like to ask the Doctor about your procedure:

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For further information & enquiries please contact the Motility Lab Direct line: 0131-537-2486

Leaflet prepared by Dr MP Eugenicos June 2017

**LOTHIAN UNIVERSITY
HOSPITALS
NHS TRUST**

**WESTERN GENERAL HOSPITAL
MOTILITY LABORATORY
GI INVESTIGATION SUITE,
GROUND FLOOR
ANNE FERGUSON BUILDING**

MOTILITY TESTS

Understanding Motility Tests

You have been referred by your consultant for Motility tests. This information leaflet has been produced to give a brief explanation of the tests. It includes answers to questions patients ask most frequently. Please read it carefully. If you have additional questions, please feel free to discuss them with the doctor or the nurse before the examination begins.

What Are Motility Tests?

Motility Tests comprise of Anorectal Manometry (pressure) tests and nerve conduction studies.

Anorectal Manometry (ARM) is a test performed to evaluate patients with problems with defaecation (bowel emptying) and/or constipation and/or faecal incontinence. This test measures the pressures of the anal sphincter muscles (bottom muscles), the sensation in the rectum (lower bowel) and the nerve reflexes that are needed for normal bowel movements.

Nerve conduction measures the time between an electrical impulse (within the bowel) and the anal sphincter contraction. It assesses the functioning of the pudendal nerves and is useful in evaluating patients with incontinence, constipation and rectal prolapse

Who Needs Motility Tests?

Patients who suffer from constipation, defaecation disorders or faecal incontinence may be referred for these tests.

How Are The Motility Tests Performed?

A doctor or nurse will explain the procedure to you, ask you to complete a questionnaire/brief health history and answer any questions you may have.

The Tests are performed with the patient lying on his/her left side. A small catheter (flexible tube) about the size of a thermometer with a balloon at the end is inserted into the rectum. The catheter is connected to a machine that measures the pressure. During the test, the small balloon

attached to the catheter may be inflated in the rectum to assess the normal reflex pathways. The balloon may be filled with fluid to measure the rectal capacity and compliance. The doctor or nurse may also ask the patient to squeeze, relax and push at various times. The anal sphincter muscle pressures are measured during each of these manoeuvres. To squeeze, the patient tightens the sphincter muscles as if trying to prevent anything from coming out. To push or bear down, the patient strains down as if trying to have a bowel movement.

Nerve conduction procedure is performed by the doctor. This involves the placement of a gloved finger into the anus. On the glove is a stimulating electrode. Several electrical impulses are delivered and the nerve conduction is determined. Occasionally one may sense the impulse for a few seconds but any discomfort is very mild.

Who Will Carry Out These Tests?

Specially trained doctors and nurses will carry out these tests. Your privacy and dignity will be maintained at all times.

Will I Need Any Bowel Preparation?

No bowel preparation will be required prior to the tests. You may eat and drink before and after the tests and take any prescribed medications.

Will The Tests Be Painful?

The tests are not painful. Some patients may experience discomfort. If at any time you find the tests are uncomfortable you may ask the doctor or nurse to stop the tests.

Risks And Benefits Of Investigations

The Motility tests are a safe, low risk procedure and unlikely to cause any pain. Complications are rare: it is possible that a perforation (tearing) or bleeding of the rectum could occur. Equipment failure is a remote possibility. If you are **ALLERGIC TO LATEX**, you should inform the doctor or nurse before the tests begin so that a latex-free balloon can be used. Benefits: Obviously the investigations are beneficial in as much as they enable a more accurate diagnosis to be made.

How Long Will The Tests Take?

The procedure may take about 30 minutes to an hour to complete.

Will I Be Able To Drive After The Tests?

Yes, you will be able to drive after your tests. You will be able to resume normal activities following the tests.

What Will Happen After The Tests?

The test results will be analysed and these will be sent to your consultant who referred you for these tests. We may be able to give some advice regarding your bowel problems at the time of your tests. If you need to attend hospital for further tests and treatment we will advise you of the relevant treatment plan to suit your individual needs.