

Anorectal Physiology Tests

What Are Anorectal Physiology Tests?

Anorectal physiology tests assess the function and strength of the muscles in your anal canal and rectum. These tests help diagnose conditions affecting bowel control and emptying, including:

- **Faecal incontinence** (loss of bowel control)
- **Rectal prolapse**
- **Chronic constipation**
- **Obstructed defaecation syndrome (ODS)**

By measuring the muscle pressure and sensation in your rectum, these tests help guide treatment plans tailored to your condition.

Do You Need Any Preparation Beforehand?

- No sedation or anaesthetic is required
- No laxatives or bowel preparation are needed
- The test is quick, painless, and minimally invasive

You can eat, drink, and carry on with normal activities before and after the test.

What Does The Test Involve?

During the procedure, you will lie on an examination couch on your left side with your knees bent.

The test consists of two parts:

Anal pressure measurements

- A small, flexible tube is gently inserted into your rectum

- You will be asked to relax, squeeze, and cough to measure muscle strength
- The pressure recordings are analysed to assess how well your muscles function

Balloon sensation test

- A small balloon attached to the tube is slowly inflated in your rectum
- You will be asked when you first feel the balloon to assess sensation
- The balloon is also used to check reflexes that control bowel movements

These tests are not painful, but they may feel slightly unusual.

Anorectal physiology tests are often performed alongside an endoanal ultrasound scan. This imaging test uses a small probe to provide a detailed view of the anal sphincter muscles. By combining these tests, your consultant can gain a comprehensive understanding of your bowel function.

What Happens After The Test?

- The entire procedure, including the scan, takes around 30 minutes
- You can go home immediately and resume normal activities
- The results are analysed by a specialist and a full report is sent to your consultant

If any abnormalities are detected, your consultant will discuss treatment options, which may include pelvic floor physiotherapy, medication, or surgical interventions if necessary.

Why Choose The Midlands Bowel Clinic?

At Midlands Bowel Clinic, we provide:

- **Expert consultants** specialising in bowel function disorders
- **State-of-the-art diagnostics**, including advanced anorectal physiology testing and ultrasound imaging

- **Personalised treatment plans** to improve your bowel health and quality of life

Contact Us

If you are experiencing symptoms such as faecal incontinence, chronic constipation, or difficulty emptying your bowels, contact us today to book an assessment.