



QUEEN CITY

GASTROENTEROLOGY
& HEPATOLOGY

320 Lillington Ave, Suite 101
Charlotte, NC 28204

PATIENT INSTRUCTIONS FOR ANORECTAL MANOMETRY

Your procedure has been scheduled on: _____

ONE DAY before your procedure:

1. Purchase 2 Fleet's saline enemas from your pharmacy. You do not need a prescription.
2. Starting at midnight, you may have clear liquids ONLY.

ON THE DAY of your procedure:

1. Take all of your usual medicines. If you take INSULIN, take 1/2 your usual dose.
2. One hour before leaving home, administer one Fleet's enema rectally. If you feel you have not completely cleared out your rectum, please take the second Fleet's enema 15 minutes after you have used the first one.
3. STOP CLEAR LIQUIDS 4 HOURS BEFORE YOUR PROCEDURE (except for small amount of water with medications). DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE.

AFTER your procedure:

You may drive yourself home. You may resume eating and drinking and go about your normal activities to include returning to work.

If you have any questions, please call our office at (704) 362 – 4403.