

# **Anorectal Biofeedback Bowel Incontinence**

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Date of procedure: \_\_\_\_\_

Arrival time: \_\_\_\_\_

Time of procedure: \_\_\_\_\_

## **Important**

A business clerk will call to remind you about your procedure at least 2 weeks before the date.

You must confirm the date of your procedure at least 10 days before or your procedure will be cancelled and your referring doctor will be notified.

This can be done during the reminder call or by calling 905-521-2100, ext. 73265.

## Where to go

GI Motility Lab (in Endoscopy)  
Room 4X24  
McMaster University Medical Centre  
1200 Main Street West  
Hamilton, Ontario

Phone: 905-521-2100  
Bookings – ext. 73265  
Lab – ext. 76691

When you arrive at the hospital, check in at Patient Registration on the Main floor (2<sup>nd</sup> floor).

Take the yellow elevators to the 4<sup>th</sup> floor. Turn left and follow the hallway to the 4X area on the left. Follow the signs to Endoscopy. Register at the Endoscopy reception desk.

Please bring:

- your health card
- a list of your current medications

You have been booked for 1 session of anorectal feedback:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Your nurse will discuss with you if you would like more sessions.

## How long does the procedure take?

The procedure takes about 30 minutes.

## **Before you come to the hospital**

There is no preparation for this procedure.

You may eat and drink as usual. Take your usual medications.

If you are constipated, you will need to take a sodium phosphate rectal enema the morning of the procedure.

You can buy this from any pharmacy in an adult or children size. Ask your pharmacist to help you find this product.

If you have diarrhea, regular bowel movements or an ostomy, you do not need the enema.

If you have diabetes, check your blood sugar as usual and bring the results with you to the hospital. You may need to have your blood sugar checked at the hospital.

## **What is anorectal biofeedback?**

Anorectal biofeedback is a bowel retraining program. If you do not have control of the muscles in your rectum, you may leak stool (called bowel incontinence). The purpose of anorectal biofeedback is to make the muscles in your rectum stronger and thicker by doing exercises.

At the lab, a small probe will be inserted into your rectum to measure the pressure in the anal sphincter. You will be asked to squeeze the muscle and relax the muscle. You can view the amounts of pressure and consistency of the squeeze on a screen. The nurse will then go over exercises to help increase the strength and length of the squeeze.

**Important:** Think of a weight lifter who exercises to increase both the strength and bulk of his muscles.

## What are the risks?

Biofeedback is a safe low risk procedure and is unlikely to cause pain.

Complications are very rare:

- irritation or bleeding of the rectum could occur
- risk of tearing is extremely rare

## Home exercises

### Exercise 1

Think of the muscles as being an elevator. Pull them slowly up and inside your body, like an elevator going to the 1st floor. Then lift them up further to the 2nd, 3rd floors until you get to the top floor. Then hold there as long as you can and slowly let it go down again.

At first you may find it difficult to get beyond the 1st floor. You may only be able to hold it there for a few seconds. Over time with practice, you will improve. Eventually you should be able to hold a squeeze for 20 seconds. It likely took many years for the muscles to weaken, so it will take at least several months and regular practice to strengthen again.

You may exercise while watching TV, washing dishes, standing at a bus stop – just about anywhere at any time.

A good start is to exercise at:

- breakfast
- mid-morning
- lunch
- mid-afternoon
- supper
- bedtime

## **Exercise 2**

Practice by starting and stopping the flow of urine each time you go to the toilet. You may not succeed at first or you may only be able to stop the urine for a few seconds. Over time, this will improve.

Do not tense your stomach or upper body muscles when you practice this exercise.

If you have any questions, call the Motility Lab  
at 905-521-2100, ext. 76691.