

Anorectal Biofeedback Constipation

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 (2nd floor).

Take the yellow elevators to the 4th 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 for patients with constipation. It treats involuntary squeezing (rather than relaxing) during a bear down to release stool. Involuntary squeezing is also known as an “outlet obstruction”.

This issue could have caused you to lose sensation in the rectum. This means you may not “feel” when stool comes into the rectum so you do not realize you should go to the toilet. Anorectal biofeedback can also help you use the pelvic floor to push stool out.

At the lab, a nurse will insert a small balloon into the rectum and will teach you exercises to relax the anal sphincter while using the proper bear down techniques to expel the balloon.

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

Begin by sitting on the toilet, and focus on deep breathing in through your nose and out of your mouth.

Focus on pushing your stomach out (like you have a big basketball sitting in your stomach) and bear down to try and push out the piece of stool.

Exercise 2:

Practicing coughing while sitting on the toilet. The bear down movement used when you cough is the same as what should happen when pushing out stool.

Try focusing on the stomach muscles when you cough to help achieve the correct bear down pressure and anal sphincter relaxation.

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