

RECTAL ULTRASOUND

What is a rectal ultrasound?

A rectal ultrasound is a painless procedure designed to evaluate the anal muscle. A short ultrasound probe is inserted into the anus and sound waves are bounced off the muscle giving the doctor a precise anatomic picture of the muscle. This is most commonly ordered for patients with incontinence to locate any sphincter abnormalities or injuries. This takes approximately 10 minutes.

PREPARATION: ENEMA BOWEL PREP



1. Purchase 2 adult regular fleet enemas (saline).
2. Take the first fleet enema **3 hours** before leaving for your appointment. Be sure to follow the instructions on the box (*hold for 10 minutes*).
3. Take the second fleet enema **1 hour** before leaving for your appointment. Again be sure to follow instructions and hold for 10 minutes.
4. How to use an enema: Remove the protective cap from the pre-lubricated enema tip before using. Gently insert the tip into the rectum with a slight side-to-side movement, with the tip pointing towards the navel. **Do not force the enema tip into the rectum as this can cause injury.** Slowly squeeze the bottle until nearly all the liquid in the bottle is gone. Then remove the tip from the rectum. Maintain your position until a strong urge to defecate is felt. Do not retain the enema solution for more than 10 minutes.

There are no dietary restrictions. Please arrive 15 minutes prior to your scheduled appointment.

If you have any questions, please call the main office at (703) 280-2841 EXT 4 to speak to a nurse.