



**Texas Digestive Care**

## **Anorectal Manometry (ARM) Preparation Instructions**

### **Before the procedure:**

- Give yourself one or two Fleet enemas **2 hours** prior to your study. You can purchase the Fleet enema from a pharmacy or supermarket.
- You **should not eat anything during the 2 hours prior** to the procedure. If you are diabetic, this may involve adjusting your diabetic medications.
- You may take regular medications with small sips of water **at least 2 hours prior** to the study.

### **Location of the procedure:**

Texas Digestive Care  
2900 North Interstate 35 #210  
Denton, TX 76201

*Please contact our office at 940-323-3440 if you have any questions or concerns*