THE ANORECTAL PHYSIOLOGY LAB

- The Department of Colorectal Surgery at the Singapore General Hospital is a regional leader in the management of colorectal disorders. As part of our comprehensive array of services, we are proud to have established the first Anorectal Physiology (ARP) Laboratory in the country in 1989. Equipped with state-of-the-art facilities, the ARP Laboratory also complements our recently established Pelvic Floor Disorder Service, the first one-stop tertiary referral service for pelvic floor disorders in the region.

- Anorectal physiology is the study of the function of the colon, rectum and anus (including muscles controlling the anus). Specialized tests performed by trained staff ensures minimal discomfort. All tests are performed in the outpatient setting and do not require hospitalization.

WHO NEEDS TESTING

Patients usually fall into 1 of 2 groups.

1. Those with tumours of the anus or rectum (lower most portion of the colon). Our specialized imaging equipment allows us to assess the size and stage of these tumours, as well as perform biopsies, so as to guide subsequent management.

2. Those with anal sphincter tears with incontinence (loss of bowel control), constipation and chronic anal infections. Our imaging equipment provides us with detailed images of the anorectal anatomy, critical in treatment planning.

TESTS PERFORMED

1. Anal Manometry – measures the pressures in the anal canal when the patient is relaxed and when instructed to squeeze.

2. Anorectal Ultrasound – provides detailed images of the anorectal anatomy, to look for signs of damage, infections or tumours.

3. Pudendal Nerve Terminal Motor Latency – determines if the nerves controlling the anal sphincter and pelvic floor muscles have been damaged.

4. Anorectal Biofeedback – exercises that conditioning the anal sphincter and pelvic floor muscles in patients with both incontinence and constipation.


6. Quantitative faecal occult blood testing – testing stool samples for microscopic traces of blood.
**FREQUENTLY ASKED QUESTIONS**

- **Must I have a bowel prep prior to anorectal physiology testing?**

  If you have a condition of the anus or rectum, the doctor may need to look in this area with a small scope. Our clinical assistant will give you instructions on the necessary bowel prep on your initial visit. No fasting is required.

- **How long do these tests last?**

  With the exception of biofeedback training, most tests last between 10 to 20 minutes and are of minimal discomfort.

- **What is the difference between a pelvic floor disorder and a colorectal disorder?**

  Pelvic floor disorders are a combination of disorders that can present with colorectal/bowel symptoms, like constipation or faecal incontinence. In addition, if the pelvic floor muscles are involved, patients can also have accompanying problems with urination or even pelvic organ prolapse.

**WHERE ARE WE**

**THE ANORECTAL PHYSIOLOGY LAB**

Department of Colorectal Surgery
Singapore General Hospital
Block 7, Level 7, Room A17
Singapore 169608
Appt: 63213616

**OUTRAM CAMPUS MAP**

**DIRECTIONS**

- **TAKE THE LIFT AT BLOCK 7 LOBBY (OPP BENGAWAN SOLO)**
  - **ALIGHT AT LEVEL 7. WE ARE OPPOSITE THE LIFTS (ROOM A17)**