

**ENDOSCOPIC MICROSURGERY ASSOCIATES, P.A**  
**7402 York Road, Suite 101, Towson, MD 21204**  
**410-494-1846**

**BIOFEEDBACK**

You are scheduled for biofeedback training / anorectal manometry on \_\_\_\_\_ at \_\_\_\_\_ am/pm.

***IN PREPARATION FOR YOUR PROCEDURE WE ASK THAT YOU OBSERVE THE FOLLOWING:***

- It is not necessary to do any special preparation at home. You may eat your normal meals and perform your usual activities until the time of your appointment.
- Bring your completed diary of stool or urine patterns.
- Your appointment will last about an hour. Half of that time will involve obtaining a complete history and explaining the procedure and your condition in detail.

**WHAT IS BIOFEEDBACK?** Biofeedback is a treatment technique for training the mind to control body functions. The goal is to help a person learn to become consciously aware of their body functions and learn to control them.

In this medical office, we use biofeedback in the treatment of pelvic floor muscle disorders that cause:

- fecal incontinence
- urinary incontinence
- chronic constipation
- rectal pain
- lower back pain

**HOW IS BIOFEEDBACK PERFORMED?**

1. **Measuring the pelvic floor muscles in response to squeezing and straining.** This is done by inserting a sensor into your rectum. You may feel a full sensation in your rectum but it does not hurt.
2. **Provide immediate feedback to you of your muscle response to squeezing and straining.** The measurements are displayed on a monitor for you to see. (see diagram to the right) The measurements are explained to you, and instructions to improve the responses are provided. You will see the changes you make on the monitor. Appropriate use of the muscle for squeezing or straining are identified and repeated several times.
3. **Home exercises.** At home you will perform exercises using the same techniques you learned from the monitor instruction.
4. **Maintain a diary.** Keep a diary of your stool or urine patterns. We will use this diary to assess progress.
5. **Enhance lifestyle.** Help you maintain a normal lifestyle and cope with the problem until treatment is effective.