

## Gynaecology

### PEARL Clinic

You have been asked to attend the PEARL Clinic to investigate the problems you are experiencing with your bowels. This clinic has specialists from the Urogynaecology and Colorectal teams.

We may need to perform tests and examinations on your back passage. Each test or examination will take a few minutes. This will be carried out by trained staff who will attempt to always maintain your dignity.

You will be asked to lie on your left side with your knees raised for the tests and examinations. You may feel some discomfort, but you should not feel any pain. The doctor will discuss your results with you during your visit.

#### Rectal examination

The doctor will place a lubricated, gloved finger inside your bottom to examine your anal canal and rectum. A small instrument called a proctoscope may also be placed into your bottom. This instrument has a light which allows the doctor to examine the area more closely.

#### Anal ultrasound

An anal ultrasound uses a probe that is placed 5cm inside your bottom. The probe is about the thickness of a finger. The probe scans the muscles in your bottom to check for damage. The probe is then carefully removed.

#### Anorectal manometry

An anorectal manometry uses a small tube that is placed into your bottom. The tube is attached to a machine that measures pressure. You will be asked to squeeze and relax the muscles in your bottom. This is so the strength of these muscles can be measured.



## Patient Information

### Preparing for your visit

- Bowel preparation is not needed.
- You can eat and drink as normal before your appointment.
- You can attend if you are on your period.
- Please inform staff if you are allergic to latex when you arrive.
- No sedation or anaesthetic is required. The tests and examinations do not affect your ability to drive, and you may return to work on the same day.

### What are the risks and side effects?

The tests and examinations are low risk procedures and should have no side effects. There is a very low risk of damage to the lining of your back passage.

### Further information

**Please call the Urogynaecology department on 024 7696 7024 if you have any questions.**

The Trust has access to interpreting and translation services.

If you need this information in another language or format, please contact 024 7696 7024 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

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