

BIOFEEDBACK (PEDIATRIC) PREP

Purchase the following supplies at your local pharmacy:

2– FLEET Saline Enemas

1 day before procedure:

Administer 1 Fleet enema in the evening.

Day of your appointment:

Patient may not eat or drink anything 2 hours before the test.

Patient may continue all medications as usual.

There will be no driving restrictions for the patient following the procedure.

1 ½ hours before leaving for your procedure:

Rectally administer the second Fleet enema.

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Bring the following to your appointment:

Bring a photo ID as well as up-to-date insurance information, such as insurance card and any referral forms that might be required by the insurance company.

DESCRIPTION OF BIOFEEDBACK**What is biofeedback?**

Biofeedback for pelvic floor muscle retraining is a treatment to help the patient learn to strengthen or relax the pelvic floor muscles in order to improve bowel or bladder function and decrease some types of pelvic floor pain. It uses special sensors and a computer monitor to display information about muscle activity. This information or “feedback” is used to gain sensitivity, and control over pelvic floor muscle function.

What happens during biofeedback?

Plan to spend 2 hours at the clinic the day of your procedure. A nurse designated by the physician will perform the biofeedback session. During the session the patient will be lying on their side. A small flexible tube (catheter) will be placed in the anal canal and will be connected to a computer that will help measure the activity of the muscles that control bowel and bladder function. As the muscles tighten or relax, changes are seen on the computer monitor. Visualizing this information with the aid of the nurse, will help the patient to identify the correct muscles and learn to make changes that are needed.

What happens after the exam?

The patient may return home or to school after the exam and resume their usual diet and activities. The patient may be asked to schedule a few weekly sessions over the course of a month. The nurse may make recommendations for exercises to complete at home.

Are there possible complications with biofeedback?

This exam is very safe. There are very few potentially serious complications. The patient may feel minor discomfort during the procedure but should not feel any pain. The catheter is latex-free.