

# Healthy female volunteer study to examine the effect of different body positions and environment on defecation physiology

ACTRN12623000471684

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	Royal North Shore Hospital - Northern Sydney Local Health District
<b>Enrollment</b>	40 participants

## Plain Language Summary

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Some people have difficulty with bowel movements due to a condition called dyssynergic defecation, where the pelvic floor muscles don't coordinate properly. One test doctors use to assess this is a balloon expulsion test — a small balloon filled with water is placed in the rectum, and you are asked to expel it while a specialist measures how long it takes and how comfortable it feels.

This study involves healthy female volunteers being asked to undergo this test in three different body positions to see whether position affects the test results. Researchers also want to understand whether the usual clinical environment (a healthcare setting) affects performance compared to a more private setup. The study involves anorectal ultrasound and manometry (pressure measurements) alongside the balloon tests.

You may be eligible if you are a female aged 20–75, speak English, and are eligible for Medicare in Australia. Women who are pregnant or breastfeeding, have gastrointestinal disorders, have had previous anorectal surgery, or take medications that affect bowel movement are not eligible.

## Key Eligibility Criteria

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### Inclusion (7)

- ) Age 20 to 75
- ) Females
- ) English speakers
- ) Patients who are eligible for Medicare benefit in Australia
- ) Willingness to answer screening questionnaire
- ... and 2 more (see full listing online)

### Exclusion (7)

- ) Women breast feeding or pregnant.
- ) Definable gastrointestinal disorder based on the ROME questionnaire : Disorders excluded: Irritable bowel syndrome, functional bloating, functional constipation or diarrhoea, abdominal pain and functional anorectal disorders.
- ) Presence of overt organic anorectal disorder
- ) Medications that alter motility of the GI tract, such as loperamide and opioids
- ) History of anorectal or distal colon surgery.
- ... and 2 more (see full listing online)

## Locations (1 total)

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Royal North Shore Hospital - St Leonards, NSW, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000471684>

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