

# Having an MRI defecating proctogram

## Information for patients

This leaflet contains information for patients and carers about having an MRI defecating proctogram. This is a specialised examination that evaluates the function of the pelvic floor muscles and the relationship between the rectum and the other pelvic organs. If you have any other questions or concerns, please do not hesitate to speak to the team caring for you.

### **Confirming your identity**

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

## **What is an MRI defecating proctogram?**

A magnetic resonance imaging (MRI) defecating proctogram is a test that uses an MRI scan to obtain images at various stages of defecation (pooping) to check how well the pelvic muscles are working and investigate rectal function and your ability to poo.

## **How do I get ready for an MRI defecating proctogram?**

- There are no restrictions to your diet or activity before this procedure and you should continue to take all your normal medication.
- You will be taken into a private room where a member of the team will explain the test and answer any questions you may have. You will be asked to change into a hospital gown. You can leave your underwear on until you are in the scanning room.

## **What happens during the procedure?**

- In the scan room, you will be asked to lie on the table on your side and a radiographer will fill your rectum (bottom) with a sterile water based lubricant jelly.
- You will then be asked to lie on your back with your bottom on a cardboard bed pan. You will need to hold the gel in until you are told to push it out, like having a poo. You will need to repeat this at least twice.
- The scan itself normally takes around 20 minutes.
- During the examination your privacy is respected. Please do not feel embarrassed about the procedure.

## **What happens after the procedure?**

- After the exam is complete, you will have time to clean up before being shown to the toilet and changing room.
- You are free to leave the department as soon as you are ready and the results will be available at your next outpatient appointment.

## **Are there any risks?**

MRI defecating proctograms are generally regarded as a very safe test and problems rarely occur. Potential complications are uncommon and include:

- pain, discomfort or a feeling of fullness when the gel is introduced – if pain is part of your symptoms, this pain may be replicated by this procedure
- damage to the bowel wall (such as a small tear in the lining of the bowel) – this is usually minor and may not produce any symptoms

**Please contact the MRI department on 020 3299 1797 (King's College Hospital) or 01689 863642 (Princess Royal University Hospital) if you have any further concerns or questions.**

## Consent

We must by law obtain your written consent to any procedures beforehand. Staff will explain all the risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to ask to speak with a senior member of staff.

## Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

## Care provided by students

We provide clinical training where our students get practical experience by imaging patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your imaging will not be affected by your decision.

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: [kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: [kch-tr.palspruh@nhs.net](mailto:kch-tr.palspruh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email [kch-tr.accessibility@nhs.net](mailto:kch-tr.accessibility@nhs.net)**