

Having an MRI proctogram to look at your pelvic floor - for bowel movement problems

Department of Radiology

Information for Patients

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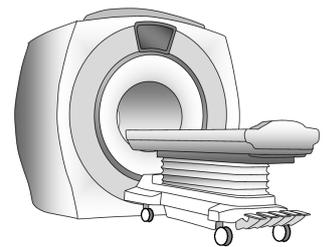
Introduction

If you are an outpatient please read your appointment letter carefully to check which hospital your appointment is at.

This leaflet tells you about a proctogram examination. It explains what will happen at your appointment and why you are having this examination.

What is an MRI scan?

An MRI scanner is a large tube that has a powerful magnet in it. An MRI scan is a test which uses a powerful magnet and a computer to produce detailed images of any part of the body. The MRI scanner does not use x-rays.



What is an MRI proctogram?

An MRI proctogram is a type of MRI scan that produces detailed images of the structure and movement of the pelvic organs such as the bladder, womb (uterus) and bottom (rectum) and the pelvic floor muscles.

Why do I need an MRI proctogram?

You may have been sent for this test if you are:

- having difficulties doing a poo (opening your bowels)
- feeling like you have not emptied your bowel fully
- having problems with poo coming out of you bottom when you do not want it to (bowel incontinence or faecal incontinence).

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Important information

You must tell us, by calling the telephone number on your appointment letter or the end of this leaflet) if:

- You have a pacemaker or internal defibrillator.
- You have ever had any metal fragments in your eyes.
- You have any implants or surgical clips in your body or head.
- You have ever had an operation on your head, eyes, ears, heart or chest.
- There is any chance that you are pregnant.
- You have had an operation in the last 6 weeks.
- You have a cochlear implant.

If you are already staying in hospital as an inpatient, please ask staff on your ward to phone the MRI scan room.

If you have been sent a safety questionnaire with your appointment letter, please fill it in and bring it with you.

If you have a drug patch on your skin:

If you have a stick-on drug patch for pain medicine, hormones, nicotine or other medicine, this will need to be removed before having your MRI scan. This is because the patch may warm up or get hot during the scan. This can change the amount of the drug being given to you.

Once a drug patch is removed it will not reattach to the skin. If you need your drug patch all the time, please bring a new patch with you so you can put it on after the MRI scan is done.

If your drug patch is put on by a nurse at home, please tell the nurse that you will need a new drug patch after your MRI appointment. They can then arrange to visit you at home to apply a new one.

If you have a glucose monitor or an insulin pump on your skin:

If you use a glucose sensor (flash monitor or continuous glucose monitor (CGM)), which attaches to the surface of your skin, this will need to be removed for your MRI scan. Please bring a replacement to your appointment so you can apply it after your scan, or you can contact us to change your appointment so it ties in with when you are due to replace your sensor.

If you have an insulin pump with tubing, you will need to remove the pump before the scan can be done. The pump can be reattached as soon as the scan is over.

If you have a patch pump, such as an Omnipod, you will need to remove the Pod and keep your Personal Diabetes Manager (PDM) outside of the room with your belongings. Please bring a new Pod to apply after the scan.

How do I get ready for my examination?

At home, you do not need to do anything special to get ready for your scan.

You can eat and drink as usual.

If you are on medication from your doctor please continue to take it as usual. Please read the information about drug patches, glucose monitors and insulin pumps if you use any of these.

Please bring any sprays or inhalers that you are taking, with you to the appointment.

A member of staff will explain the procedure fully and ask you to complete a safety questionnaire before starting the scan if you have not already done so.

It is helpful to wear clothes which do not have metal zips or clips.

Before the scan you will need to remove all loose metal objects, including:

- watch, activity tracker, mobile phone, money, credit cards, keys, glasses
- all jewellery (including piercings) - metal piercings can be replaced with plastic piercings before coming for your scan.
- hair clips and grips, wigs, hair pieces, weaves or extensions
- eye makeup, fake eyelashes
- sports clothing that contain silver fibres
- stick-on drug patches - see information on previous page
- diabetic monitoring device - see information on previous page

If you have a fear of confined spaces (claustrophobia) please tell us when you arrive. Most people who are anxious about the scan are able to manage it with support from our staff.

Who will be doing my examination?

A doctor who specialises in imaging and X-ray treatments (a radiologist) and a radiographer trained to do MRI scans will do your examination.

How long will it take?

The examination should take about 30 minutes. This includes going into the scan room, having some MRI scans and then having the MRI proctogram part of the examination.

What happens during the MRI proctogram?

When you get to the Radiology Department:

- When you first arrive in the Radiology Department you will be shown to the waiting area.
- A radiographer or an assistant practitioner (an AP) will talk to you about the scan and check your questionnaire.
- You will be shown to a changing cubicle so you can take off some of your clothes and put on a hospital gown.
- You will then be taken into the MRI scanner room and the examination will be fully explained to you.

Having the first part of your MRI scan:

- You will then be asked to lie down on the scanner table which is moved into the magnet. You will be moved into the scanner feet first.
- You will be given headphones or earplugs to protect your ears from the noise of the scanner. During the scanning you will hear a rhythmic tapping sound which may get quite loud. This is normal.
- You will be given a call button to alert the staff if you need to speak to them during the scan. The radiographer controlling the scanner will be able to see you throughout the scan.
- You will have some MRI scans taken.

Having the MRI proctogram:

- The radiologist or radiographer will then come into the scan room. They will ask you to lie on your side. They will explain what they are doing and will put some gel into your bottom (rectum) using a syringe. The gel is needed to show the lower part of your bowel (rectum) on the scan pictures. This helps the doctor to see if any of the organs in your pelvis have moved into a different place (prolapsed).
- You will then have some more MRI scans taken. We will tell you when to try to poo to push the gel out. Scan pictures are taken as you try to poo out the gel.

We understand that this procedure deals with a very personal problem. We will do the test in a way that keeps your privacy and dignity as much as possible. We will do our best to make you feel relaxed and comfortable.

What happens after the examination?

You will be shown to the nearest toilet.

After your MRI proctogram, we may offer you a test called a proctogram X-ray if we need more information to make a diagnosis. We will tell you more about this if it is needed. You may be able to have the proctogram X-ray done straightaway while you are in the Radiology Department.

When your examination is finished you can get dressed and go home.

You will be able to drive after the examination.

How do I get the results?

Your MRI scan pictures will be looked at by a Radiologist and the results will be sent to the doctor who wanted you to have this examination.

Are there any risks?

The use of magnetic fields from MRI scans is not thought to be harmful.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment please call the Radiology Department on **0116 258 8765** (option 2). Monday to Friday 9am to 5pm, excluding bank holidays.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk