

Having a proctogram X-ray to look at your pelvic floor - for bowel movement problems

Department of Radiology

Information for Patients

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Introduction

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

Please note - if you have an appointment to have a small camera put into your bottom (a sigmoidoscopy or colonoscopy) either 3 days before or after your proctogram appointment please call the Radiology Department on 0116 258 8765 (option 5) to change your proctogram appointment to another day.

Important information for patients who are female or are able to have a baby (including transgender males)

If you are aged up to 55 years of age and are able to have a baby, this examination must be done within 10 days of the start of your last period if you have them. If your appointment is not within this time you must contact the Radiology Department on the phone number on your appointment letter or at the end of this leaflet.

You do not need to do this if:

- You have had your womb taken out (hysterectomy) or been sterilised.
- You are 2 years post menopausal (if you have not had a period for 2 years or more).
- You are transgender female.

**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

All female and transgender male patients need to arrive 45 minutes before your appointment time. We will give you a barium drink before your examination. This is a liquid that shows up on X-rays and will improve your X-ray pictures. This is only for patients who are female or transgender male (anyone born with a womb, including any patients who have had their womb taken out).

Male or transgender female patients should arrive at the time stated on your appointment letter.

What is a proctogram?

This is an X-ray examination to show how your pelvic floor moves when you need to poo. The pelvic floor is a group of muscles and ligaments that support the bladder, bowel, and womb if you have one. The examination will help to find out why you are having difficulties doing a poo (opening your bowels), feeling like you have not emptied your bowel fully, or having problems with poo coming out of your bottom when you do not want it to (bowel incontinence or faecal incontinence).

How do I get ready for the examination?

You do not need to do anything special to get ready.

You can eat and drink as usual on the day.

If you are on medication from your doctor please continue to take it as usual.

If there is any chance that you may be pregnant please contact the Radiology Department straight away.

If you are female or transgender male (anyone born with a womb, including any patients who have had their womb taken out), please arrive 45 minutes before your appointment time.

What happens during the examination?

- When you get to the Radiology Department you will be shown to the waiting area.
- Female and transgender male patients will be asked to drink some barium liquid over the 45 minutes before your appointment time. The barium goes into your tummy (stomach) and then down into your small bowel. This shows up on the X-ray and allows us to see where your small bowel is during the examination.
- 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 X-ray room and the examination will be fully explained to you.
- You will be asked to lie on your side on a comfortable trolley. Some barium paste (a bit like porridge and the consistency of soft poo) will be put into your bottom (rectum) using a small tube. This should not be painful but may feel a little uncomfortable. The barium paste shows the lower part of your bowel on the X-ray screen.
- You will then be asked to sit on a portable toilet (a specially designed commode).

- The X-ray camera will be at the side of you and a screen will be put around you for privacy. During the test itself you will not see the doctor or radiographer who is doing the examination, but you will be able to speak to us and hear us.
- Once you feel comfortable and everything is in the right position we will ask you to pass the barium paste as if you were doing a poo (emptying your bowels). X-ray images will be taken when you are resting, when you are trying to poo (straining) and while you poo.

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 my examination?

You will be shown to the nearest toilet. There may still be some barium paste inside your bottom. You will be given a towel and some wipes to clean yourself.

You can then get dressed and go home.

If you had the barium drink before your examination, the barium will go through your tummy (bowel) within a few days. This means your poo may look white or pale for a few days.

Drinking plenty of fluids and eating foods high in fibre (unless you have been told by your doctor not to eat high fibre food) should help to keep your bowel moving well and stop you from getting constipation.

How do I get the results?

The X-ray pictures of your bowel will be looked at by the radiographer or radiologist. They will send the results to the doctor in the clinic who wanted you to have this test.

What are the risks from exposure to radiation in this examination?

The main risk from exposure to X-rays is an increase in the risk of getting a cancer in the future. This risk is thought to be very small. We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each examination that uses X-rays gives a dose on top of this natural background radiation. The risks of radiation are slightly higher for an unborn child so we must ask some patients aged 10 to 55 years about their periods and possibility of being pregnant.

The benefits of this examination are likely to outweigh any potential risk and the risk from not having the examination could be greater. We will take all safeguards to minimise the amount of X-rays you are exposed to during your examination.

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 5). 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 بلغة 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

Previous reference:

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