

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 X-ray test. It tells what will happen at your appointment. It explains why you are having this test.

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 please call the Radiology Department on 0116 258 8765 (option 5). We need to change your proctogram 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 test 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. Phone the 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

What is a proctogram?

This is an X-ray test to show how your pelvic floor moves when you need to poo. The pelvic floor is a group of muscles and ligaments. They support the bladder, bowel, and womb if you have one.

The test will help to find out why you are having problems with:

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

How do I get ready for the X-ray test?

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 medicine from your doctor please take it as usual.

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

What happens during the X-ray test?

When you get to the hospital:

- When you get to the Radiology Department we will direct you to the waiting area.
- We will show you to a changing cubicle. You will take off some of your clothes and put on a hospital gown.
- We will take you into the X-ray room. We will talk to you about the test.

During the test:

- You will lie down on your side on a comfortable trolley. We will put some barium paste into your bottom (rectum) using a small tube. It is a bit like porridge and the consistency of soft poo. It should not be painful. It may feel a little uncomfortable. The barium paste shows the lower part of your bowel on the X-ray screen.
- We will then ask you to sit on a portable toilet (a specially designed commode).
- You will have the X-ray camera at the side of you. We will put a screen around you for privacy. During the test itself you will not see the doctor or radiographer who is doing the test. You will be able to speak to us and hear us.
- Once you feel ready 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). We will take X-ray pictures when you are resting and while you poo.

We know that this test 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 X-ray test?

We will show you to the nearest toilet. There may still be some barium paste inside your bottom. We will give you a towel and some wipes to clean yourself. You can then get dressed and go home.

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

How do I get the results?

You will not get the results right away. The radiologist will look at the X-ray pictures of your bowel. We will send your results to the doctor in the clinic who wanted you to have this test.

What are the risks from exposure to radiation in this X-ray test?

The main risk from exposure to X-rays is a higher 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. It comes from the sun, the food we eat, and the ground. Each test 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. We must ask all patients age 10 to 15 years registered female and all patients aged 16 to 55 years about their periods and/or chance of being pregnant.

The benefits of this test are likely to outweigh any potential risk. The risks from not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

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** and select **option 5**. Monday to Friday 9am to 5pm, but not on 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

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